

**FREE**

# School News

*Education + Communication = A Better Nation*

**Covering the Palos Verdes Peninsula Unified School District**



Volume 2, Issue 8

September 2017

## Goodbye Lazing Days of Summer...



**Hello Fun New School Year!**

[www.SchoolNewsRollCall.com](http://www.SchoolNewsRollCall.com)

# Health News

by Michelle Sangalang, MD

## How can I help my child handle stress?

Stress is the way our bodies and minds react to a particular challenge or situation. By recognizing the signs and symptoms of stress, you can help your child learn to manage his or her responses in a healthier way.

Plenty of scenarios can cause stress – good or bad – in a child’s life. A student may feel anxious about giving a class presentation, but that “good” stress can be used to inspire him or her to focus and prepare for the challenge. An example of “bad” stress is when a child feels so overwhelmed with a problem at home or at school that it interferes with his or her ability to function normally.

In these situations, the body activates a “fight-or-flight” response, resulting in heightened focus, strength and alertness. Once the child learns how to recognize a stressful situation, he or she can begin to make good decisions when managing stress.

Parents can help their children learn to be more resilient and to manage the stress that accompanies new challenges by allowing them to feel safe to express their emotions, work on problem-solving skills and practice relaxation techniques. Proper rest, good nutrition and maintenance of daily routines can help boost coping skills.

A moderate level of stress is normal and helping a child manage and overcome stressful situations will enhance their ability to cope with stress in the future. The time to seek professional help is when any change in behavior persists over a period of time, causes serious anxiety, or causes significant physical or social problems.



### Signs of stress may include:

- Irritability and moodiness
- Anxiety and panic attacks
- Muscle tension
- Rapid heartbeat and breathing
- Difficulty separating from caregivers
- Frequent headaches and stomach pains
- Sadness and withdrawal
- Sleep problems
- School problems
- Changes in eating patterns

*Dr. Sangalang is a family medicine physician at the UCLA Health office in Palos Verdes, located at 501 Deep Valley Drive, Suite 100*



## When to seek help

Cognitive Behavioral Therapy (CBT) is often used to help children learn stress management skills and to teach them how to better manage their time and find healthier ways to cope. In extreme cases, anti-anxiety medication may be recommended.

# Superintendent



**Donald B. Austin, Ed.D.**  
*Superintendent*

Welcome back to the Palos Verdes Peninsula Unified School District for the next phase in our partnership together. The *School News Roll Call* is one way of communicating directly with our parents and interested parties throughout the year. In this edition, we have asked each of our leaders to provide a quick introduction and some biographical information.

Entering my fourth year as the Superintendent of Schools for PVPUSD,

I am filled with enthusiasm and optimism for the future of the District. My background includes time as a teacher at the middle and high school levels, athletic coaching, over a decade in two runs as a high school principal, several years as the Assistant Superintendent of Educational Services, and time invested in doctoral programs in two universities.

I grew up in Chula Vista, just a few miles from the international border. My undergraduate work was completed at Baker University in a small rural setting in Kansas. My wife, also a California native, "encouraged" me to move back to the west coast after a couple winters in Kansas. We have been married twenty-four years and have three children. Two of our kids are in college preparing for careers in teaching and our third is starting her senior year in high school.

We have assembled a strong team of dedicated professionals at every level. On behalf of the staff and our Board of Education, we are looking forward to forming strong relationships and serving your children to the best of our ability. This will be a year when we implement intermediate school English materials, pilot elementary school English programs, expand wellness efforts, and critically evaluate our facilities. Each of these important things are best-served if we have open lines of communication. Thank you to everyone for your part in putting our students in the best possible position for success this year!

# Peninsula Education Foundation

P.O. Box 2632, Palos Verdes Peninsula, CA 90274 • [www.pvpef.org](http://www.pvpef.org)



**Christine Byrne**  
*Executive Director*

## ONE Chance at a Great Education!

As we welcome new families into the school district and welcome back our returning families, we invite everyone to join the Peninsula Education Foundation in striving to reach our goal in creating one of the best educational experiences in the state of California.

Did you know that PVPUSD is among the bottom three funded school districts per student in the state of California. To bridge the gap in funding between what the district receives and what it costs to maintain academic excellence, concerned parents formed the Peninsula Education Foundation back in 1979. The mission then is the same as it is today: to engage and inspire our community in support of student success in our schools.

What does it take to create one of the top-ranking school districts in the state despite the low funding our district receives? Just ONE thing. ONE team made up of students, parents, our school district, and community partners, all striving for ONE goal - making our schools and community the best that they can be. It's the reason why so many families have moved to Palos Verdes.

How can you help? Invest in the future of your children's education by supporting PEF. Help ensure that essential programs like Music, PE, and STEM, do not disappear from our schools. Help to ensure that our counselor-to-student ratios remain low. Commit to helping our students have the best education possible because we only get ONE chance at a great education.

Want to be part of something positive? Go to our website at [www.pvpef.org](http://www.pvpef.org) and learn more about how you can invest in your student's education and in turn, our amazing Palos Verdes community.

We are looking forward to a great school year! PEF will also be working hard to ensure it will be a good ONE!

## Board of Education



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Netragrednik

# School News

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Welcome back to another school year. We are excited to bring you the excellence from PVPUSD. This issue highlights the principals. It is always fun to find out where the principals went to school, about their families, hobbies, and pets.

Kan Shimada, our student guest columnist, has just completed the All-Japan Soroban Championships.

In the next few issues beginning in October Kan will be writing about his experience.

Thank you for continuing to include *School News* among your reading choices. We are pleased to begin a podcast available on our web site [www.schoolnewsrollcall.com](http://www.schoolnewsrollcall.com) under the Current Issues tab.

Our next issue is October 4.



  
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## Year Round Sports Can Lead to Overuse Injuries in Kids



**John Hajaliloo,  
M.D.**

*pediatric  
orthopedic surgeon,  
Pediatric  
Orthopedic Center,  
Miller Children's &  
Women's Hospital  
Long Beach*

Between club and travel teams, youth sports are more competitive than ever. In order to take their skill to the next level, young athletes are often driven to play and train year round. While organized sports are a great way to stay active, too much physical stress on a child's growing body can put them at risk for overuse injuries.

Overuse injuries occur over time in the bone, muscle, ligament or tendon when stress happens to the same part of the body repetitively. Overuse injuries are different from acute injuries, such as a broken bone caused by a fall, since the damage is not done immediately.

Overuse injuries are common in young athletes who focus on one sport for multiple seasons or year round.



## Signs of Overuse Injuries

- Pain not caused by an acute injury
- Pain that increases with activity
- Swelling
- Changes in form or technique

## Strategies to Prevent Overuse Injuries

- **Children should be encouraged to play a variety of sports.** Different sports require different body movements. Rotating sports by season will give the specific muscles and joints used in that sport time to heal and rest.
- **Plan for adequate rest time.** Once a full season is finished, the child should take about a month off. It's also important to schedule rest days each week to prevent over training.
- **Don't play through the pain.** Pushing through the pain can cause more damage to their growing bones. Pain that doesn't go away with normal pain management techniques may be a sign of something serious.

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**Zachary, 15-years-old,**  
*Miller Children's  
Bone Tumor Patient*  
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## Cornerstone @ Pedregal *Elementary School*

6069 Groveoak Pl., Rancho Palos Verdes, CA 90275-2261 • 310/378-0324



**Michele Marcus**  
*Principal*

Not everyone can say that at 8 years old, they knew what they wanted to be when they grew up, but I am one of the few who did. I always knew that I wanted to work with children at an elementary school, and I am very fortunate that I was able to fulfill this dream in the Palos Verdes Peninsula Unified School District. After getting my undergraduate degree at the University of California, Irvine, and my Masters in

Elementary Education and Teaching Credential at the University of California, Los Angeles, I began my career in education in Palos Verdes. This was especially nice for me, having been a student in the Palos Verdes school district. I spent twenty years in the classroom, teaching almost all grades at the elementary level. Following this, I moved to the District Office and had the privilege of serving as an instructional coach. In this role, I was able to work with all elementary teachers and spend time on all of our elementary campuses.

Last year, I began my administrative career as principal of Cornerstone @ Pedregal Elementary School.

I'd like to thank the Cornerstone staff and families for the supportive and kind welcome I was given as I joined the "Cornerstone Family". Over the course of the school year, I was continuously amazed by the programs offered and the relationships developed between staff, students and families. Our parent participation model allows our students to get the most out of every minute spent on campus. Staff and parents work side-by-side to provide the most enriching learning experiences possible for all students.

In my twenty-fifth year as a PVPUSD employee, I am thrilled to be returning for my second year as the principal at Cornerstone. I look forward to continuing to support the strong programs we offer, as well as helping to build new programs for our students. We are excited to kick-off our new Character Education Program based on John Wooden's Pyramid of Success, as well as continuing our focus on Growth Mindset and Mindfulness. I am particularly excited to see our students, staff, and families using our new "outdoor learning space", whether it's for a whole group lesson, small group instruction, or a place to draw and play games during recess and lunch.

## Dapplegray *Elementary School*

3011 Palos Verdes Dr. North, Rolling Hills Estates, CA 90274-7303 • 310/541-3706



**Nancy Parsons**  
*Principal*

Although my role in schools has changed from the time I began kindergarten in Topeka, Kansas in the mid 1950's, my enthusiasm for education and learning has never wavered. I continue to retain that wondrous feeling of new discovery and enthusiasm that I held in that kindergarten room where we rolled out our mats and took "naps," even though we only attended for one-half of the day.

I attended public schools in Kansas and Colorado and graduated from Washburn University in Topeka, Kansas, where I went on to teach in a two-story brick building a few miles from the site of the landmark Brown vs. the Topeka Board of Education decision. A few years later, I completed my Masters of Elementary Education at Kansas State University. I credit the strong Midwestern work ethic with instilling the belief that hard work and caring are essential in every avocation.

I have been fortunate to teach in Kansas, Virginia, Northern California, and Southern California and to have continued to grow through professional development and completion of my administrative credential. Assistant principal jobs in Corona, California and Glendale, Arizona helped prepare me for my position as elementary principal in PVPUSD.

I am honored to be the principal of Dapplegray Elementary where the same values I hold dear are the ones of the community. Work hard. Be nice. Have fun. Help others. Learn something every day. The best learning isn't always from a book. Sometimes things are hard, but when we finish, we know we have accomplished more than if it was easy.

Students at Dapplegray benefit from excellent instruction that meets the differing needs of students in multiple areas. The importance of hard work and character complements our rigorous academic program. Visual and Performing Arts, technology, and physical education are integrated into content areas where students are challenged to think critically, work collaboratively, be creative, and communicate effectively.

A strong PTA and Booster Club supports our school in every possible way by providing funding, welcoming new families, promoting cultural awareness, and by planning and executing special events that create our Dapplegray community. It is a truly special place, fondly remembered by those who have had the good fortune to experience all it offers.

As the proud principal of Dapplegray, I welcome you to learn more about us - where students and teachers don't have to go to school, we get to go to school!

## Lunada Bay *Elementary School*

520 Paseo Lunado, Palos Verdes Estates, CA 90274-4377 • 310/377-3005



**Julie Tarango**  
*Principal*

Growing up in Wisconsin, I never imagined I would see whale spouts on my way to work. My mom and I have a daily routine of a morning phone call on my drive. She still lives in Wisconsin with my dad as he often chimes in during our talks with updates on our sports teams. Our conversation ends with her reminders to be grateful and have a good day at school.

I left the Midwest in pursuit of becoming a teacher in California, and fell in love with the beauty of the Palos Verdes Peninsula. Initially, I worked as a substitute teacher and an instructional aide, which is how I was introduced to our district. In 2005, I began my career as a 3rd grade teacher at Montemalaga. In the years that followed, I enjoyed opportunities to teach other grades.

When I arrived at Lunada Bay as the principal in 2015,

the warm reception I received from the staff and families made me feel like I was right at home. Lunada Bay is the kind of neighborhood school that is celebrated as the heart of the community. Alumni return with their families to have their kids experience the same idyllic elementary school experience that they did as a child. Welcoming newcomers like myself is part of the culture of our school. I am proud of how our students, staff and parents feel connected to one another, maintaining friendships for years beyond elementary school.

In my office you will find traces of my Wisconsin roots, from my Green Bay Packer "cheese head" to pictures of family on our Wisconsin lake. This allegiance to Wisconsin is now shared with school pride for Lunada Bay. As I follow my mom's advice, I am grateful for the opportunity to be Lunada Bay's biggest fan!

## Mira Catalina *Elementary School*

30511 Lucania Dr., Rancho Palos Verdes, CA 90275-6272 • 310/377-6731



**Brett Egan**  
*Principal*

Over the past seventeen years I have had the benefit of working in many different capacities at four different schools in the Palos Verdes Peninsula Unified School District. I started my career as an elementary teacher at Dapplegray Elementary School. After being an elementary teacher I became an assistant principal at Palos Verdes High School during the early years of PV High being reopened. I was lucky enough to work

with a group of very experienced administrators and had invaluable experiences that I still call upon to this current day. I feel very blessed to have been a part of PV High from its first graduating class to when I left in 2010. After my time at PV High I went to Ridgcrest Intermediate School as an assistant principal which was very beneficial in learning about intermediate school and what students need to be prepared for when they exit elementary school. After

my time at Ridgcrest I came to Mira Catalina Elementary as the principal which I was ecstatic about. Mira Catalina is a very special place with great people and one that I have lucky to have worked at for the past four school years.

On a personal level I was raised locally and I currently reside in the South Torrance with my wife Becky, son Jake (6 years old), twin daughters Tory & Reese (4 years old), and dog Vincent. After graduating from South High School I went to San Diego State University (Go Aztecs!) where I received my Bachelor's degree and shortly thereafter I obtained my Master's degree from Dominguez Hills in the area of Educational Administration. I feel very blessed to work in PVPUSD and Mira Catalina specifically. I absolutely love the community here at Mira Catalina and look forward to being here for years to come. We are going to have a great school year and I look forward to seeing you all around campus!

### Contest!

This chicken is in this publication. When you find it, email the **page number** to: [Kay@schoolnewsrollcall.com](mailto:Kay@schoolnewsrollcall.com)  
Please put PVPUSD in the subject line  
Your entry must be received by October 15, 2017.  
From the correct entries, we will draw a winner to receive a GAZUMP card/dice game - fun for all ages!



**Our June winners were:**  
**Sriya Devarakonda and Liam Demko**

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## Miraleste *Intermediate School*

29323 Palos Verdes Dr. East, Rancho Palos Verdes, CA 90275-6470 • 310/732-0900



**Frank Califano**  
*Principal*

My name is Frank Califano and I am honored to be the next Principal of Miraleste Intermediate School. For the benefit of those who do not know the story, I came to Miraleste in the school year 1999-2000. The Principal at that time was John Letcher who needed a Science teacher and asked me if I was interested in joining his team. I was, as Miraleste is approximately 2 miles from my home and I was excited to come to the school

where my daughters would eventually attend. Two months into the school year, John Letcher approached me asked if I would be interested in becoming Interim Assistant Principal for the remainder of the school year.

Becoming a school administrator was something that I never considered before that moment. I enjoyed teaching and coaching but I really liked John and decided to give it

a shot. Thus began my love affair with the Miraleste kids and community. I was Assistant Principal for 9 great years. During that time I was asked why I never applied for open Principal jobs in the district. My response was easy, I didn't want to be any where else.

As fate would have it, John decided to retire at the same time the Principal of PVIS decided to do the same. The District felt PVIS was a better spot for my first Principal position.

9 years and I am finally back. I want to thank the Miraleste staff for the fantastic welcome home. As I wrote to them in my first email, walking around the school is surreal. I have such great memories but as in all things, time has a tendency make memories blur a bit. Many things have changed yet many things remain the same. The constant being making this school the best environment for learning and fun for our kids. I look forward to working with this great community and your children.

## Palos Verdes *Intermediate School*

2161 Via Olivera, Palos Verdes Estates, CA 90274-1983 • 310/544-4816



**Trista Ramirez**  
*Principal*

It is with great enthusiasm and honor that I am starting my 18th year in the Palos Verdes Peninsula Unified School District. I am so excited to become the new principal of Palos Verdes Intermediate School, the place where I began my career and discovered my passion for working with kids and supporting their education. My fulfilling tenure in PVPUSD has been spent working at both the intermediate and high school levels as

a counselor and most recently, an Associate Principal. After I earned my bachelor's degree from CSU Dominguez Hills, I pursued a master's degree in Counseling from Loyola Marymount University and am currently completing my doctoral degree in Educational Leadership at USC, emphasizing the mental health of students in high-performing school districts. My philosophy of putting students first has always guided my practice of addressing the whole child through the learning process. I am a native of the South Bay, currently living in Torrance with my husband and two daughters, ages 9 and 14.

I am grateful for the opportunity to have already met

many of the PVIS faculty, staff, parents and students. I have been quite impressed learning about the dedicated teaching staff and their desire to provide an innovative, engaging, learning environment. The continued commitment to excellence in education for all students will be weaved through all of our work this year. I feel so privileged to work with our amazing community and supporting all of our students as they grow through this incredibly important time in their education.

Palos Verdes Intermediate School is a homecoming for me that elicits strong emotion and vivid memories of family, comfort and happiness. It is where I grew, learned, and safely made mistakes. As an educator, it is always my goal to create that same learning community for our students. One that is their second home; a place where students are excited to learn both in and out of our classrooms, where they feel connected to the adults on campus, and have opportunities to build lasting friendships with their peers.

Welcome back to school Sea Kings! I look forward to walking this journey with all of you and cannot be more proud to be your Principal.

**We learn more by looking for the answer to a question and not finding it than we do from learning the answer itself. — Lloyd Alexander**

## Montemalaga *Elementary School*

1121 Via Nogales, Palos Verdes Estates, CA 90274-1671 • 310/378-5228



**Jody Pastell**  
*Principal*

The importance of a principal is to lead by example. Principals must always be willing to listen and to know all pertinent information before making a decision. Principals need to understand the “big picture” in order to lead effective schools. Principals must be visible and know what is happening on campus during instruction, at lunch, and at recess breaks. Site administrators who have grown-up in the community and clearly understand the values and visions of the school have the advantage of truly understanding the “pulse” of the school and community. The principal must also be an excellent communicator and always search for multiple avenues of reaching all of the stakeholders. Finally, the principal must reflect daily and think did I do my personal best and did I make a difference today at my school?

I have heard that with age comes wisdom...having been a principal for over fifteen years in the Palos Verdes Peninsula Unified School District, I have so many

experiences that have made me grow and understand the perspective and knowledge of other people. I have benefitted greatly by growing up in this community.

Terrence Deal, an author and educator, has always urged administrators to lead with the end in mind. He is the author of *Leading with Soul: An Uncommon Journey of Spirit*. I have followed his teachings for many years. Children must be critical thinkers who are able to problem solve and think about multiple solutions to tasks. Students must grow and develop being confident and willing to take risks which will sometime result in their learning from mistakes. The attitude has to be about reaching that attainable goal one small successful step at a time.

My goal as an elementary principal is to provide students with all of the necessary “tools” to be very successful in life. The skills involve relating and communicating with others as well as learning so many important foundational academic skills. My leadership style can be defined as being positive, supportive, committed, productive, and interactive. I strive to make a difference each day.

## Point Vincente *Elementary School*

30540 Rue de la Pierre, Rancho Palos Verdes, CA 90275-5364 • 310/377-6972



**Beth Hadley**  
*Principal*

By way of introduction, I like to think I am a little like Mrs. Piggleswick from the children’s book series, the Harry Potter character I identify with is Professor McGonagall, and my favorite movie character is Annie Savoy from *Bull Durham*.

I was raised in the great state of Ohio, a stone’s throw from the Ohio State University, and remain a diehard Buckeye fan. I graduated from Syracuse University, then moved to sunny California. I married my wonderful husband, Leonard Hernandez and we settled in the South Bay. I completed my Master’s Degree at CSULB and started teaching in Palos Verdes in 1995. After completing my Administration Credential at LMU, I became an Assistant Principal in 2003 and worked at Palos Verdes Intermediate, Ridgecrest Intermediate, and Miraleste Intermediate before coming to Point Vincente in 2012. My children, Nick and Julia, attended PVPUSD schools, and I can say with conviction and pride that from my perspective as a parent, teacher, and administrator, PVPUSD values good teaching and is committed to world class schools.

I love my work – but treasure outside interests include knitting and gardening – and I love to read. Developing literacy skills and a love of reading in students is my most passionate goal. My other priority is promoting research and support for childhood cancer. I became a “cancer mom” in 2010 when my daughter (then a sophomore at Peninsula) was diagnosed with AML, a rare, aggressive form of childhood leukemia. We are one of the lucky families – after a seven-month hospitalization, Julia regained her health and reached the five-year survivor milestone in 2015. My experience supporting her throughout this challenge has helped me be more prepared to understand the needs of families enduring crisis.

My vision for Point Vicente is expressed: I can. I care. I count. I want each child, each staff member to build their capabilities and recognize their skills, to be emotionally invested in their experience, and to feel valued and appreciated. I’m very proud of the Point Vicente school community and we welcome your support.

**Man’s mind, once stretched by a new idea,  
never regains its original dimensions. — Oliver Wendell Holmes, Jr.**

## Palos Verdes *High School*

600 Cloyden Rd., Palos Verdes, Estates, CA 90274-1869 • 310/378-8471



**Charles Park, Ed.D.**  
*Principal*

Get Ready. Set. Go!

My daughters are now 7 and 5. I asked my oldest, “What do you want to be when you grow up?” She replied, “A principal!” Now that made me proud and I have to say, it is the best job in the world. It is an honor and a privilege to serve as the principal of Palos Verdes High School. This is my 20th year in education having been an English teacher, dean, assistant principal and now principal for five years at PVHS. Our 1,750 students shine because of their hard work and the support they receive from our talented faculty. Our mission: “PVHS places a very high emphasis on the academic success and emotional

well-being of all students” rings more true than ever. PVHS is a well-balanced school that offers challenging academics, industry-standard arts and championship-level athletics. Our school is our home and our students, parents, faculty and staff are a Sea King Family. I am so proud of our school and very excited to welcome our incoming 9th graders and returning students to what will be another excellent year in 2017-18. Over the summer, we replaced our field turf, installed two new dance floors, constructed student lunch benches for Sea King Park and upgraded our staff lounge. It took our whole Sea King family to make these improvements to our school and our students will enjoy them. I cannot wait for us to kick-off the new year so it's Ready. Set. Go!

## Palos Verdes Peninsula *High School*

27118 Silver Spur Rd., Rolling Hills Estates, CA 90274-2300 • 310/377-4888



**Brent Kuykendall**  
*Principal*

The Palos Verdes Peninsula Unified School district has been home to me for almost my entire life. I was fortunate enough to grow up “on the hill” and attend Vista Grande, Ridgecrest Intermediate, and Palos Verdes Peninsula High School, before heading to Arizona for my undergraduate degree. After college I realized the South Bay was where I wanted to be, and I returned to this district to complete my student teaching. I benefitted early in my career working beside some

amazing teachers at Vista Grande and Ridgecrest. I am forever indebted to the many teachers and staff that took the time to guide and influence me as an educator.

After ten enjoyable years in the classroom, I shifted gears and transitioned into administration. I began as an Assistant Principal at Miraleste and Palos Verdes High School, before taking on the principal position at Ridgecrest, then back to Miraleste, and now Peninsula High. Each of these schools provided me the opportunity to learn and grow as a leader, while always seeking to stay

true to what I love about education - working with the students. As I continue on this journey, I look forward to reconnecting with my Panther family and celebrating the amazing school that it is. Not many people get to work in the district they grew up in, and more specifically, each of the schools they attended as a child. This is an honor and a privilege that I hold close to my heart, committing myself to working hard and giving my best to the students, staff, and community.

I have been able to take advantage of this great district by having my own children attend our schools. As any parent knows, it is not easy to raise kids, but it is the most rewarding and important job I have. Lucky for me, I married an amazing woman, who resembles more of a super hero than anything else. As if raising three great children is not enough, she is also the principal of Rancho Vista Elementary school.

This may be a piece about me, but my success is due in large part to my family and the countless faculty and staff that influenced me as a student, educator, and father.

Go Panthers!

**A teacher affects eternity;  
he can never tell where his influence stops.  
— Henry Adams**

## Rancho del Mar *High School*

38 Crest Road West, Rolling Hills, CA 90274-5058 • 310/377-6691



**Micah Farrell**  
*Principal*

The champion tennis player, Arthur Ashe, said, "Success is a journey, not a destination. The doing is often more important than the outcome." It is with sincere gratitude and humility that I proudly announce to our community that I am the new Principal of Rancho del Mar High School. My journey to this point has been one of great personal gratification; as a professional, I have served as a School Counselor at Ridgecrest Intermediate, Dean/School Counselor at Rancho del Mar, and in the past few years, as an Associate Principal at Palos Verdes Peninsula High School. In my 11 year tenure in this District, I have been fortunate to see over five thousand students graduate from one of our three high schools. I am also part of another great team, my family; they are my strength, my everything. My wife and three daughters are loving, supportive, funny, kind and caring people. At the end of every day, I look forward to seeing them with the anticipation of someone who had not seen their beloved family for weeks.

Our community is one of great diversity; education is paramount, and expectations are not just high for students, but for staff and parents as well. As a result, students flourish, achieve unbelievable accomplishments, and our schools continue to skyrocket towards state and national prominence. Students' paths to get 'there' may differ. Young people face challenges along the way, and how one overcomes those challenges is key. Failing is part of life; it is what we do with that failure that matters. Most students follow the paths they see before them, others choose less traveled paths, and some blaze new paths. Student progression, big or small, equals momentum that translates to achievement! My perspective is that students are 'right where they need to be' regardless of where they are enrolled. Professionally, I am committed to supporting all students on their individual journeys, to achieve their goals, find their own success, and ultimately find happiness as well-adjusted, thriving community members.

## Rancho Vista *Elementary School*

4323 Palos Verdes Drive North, Rolling Hills Estates, CA 90274-1576 • 310/378-8388



**Salvatrice Kuykendall**  
*Principal*

I am delighted to begin my second year as principal at Rancho Vista Elementary School. I look forward to continuing to work with the amazing community of teachers, parents and students. My career in education began over 17 years ago while following my excitement for teaching and learning. During those years I have served at the elementary, middle and high school levels in the capacity of teacher, counselor, Dean of students, assistant principal and currently principal of Rancho Vista Elementary School. I am fortunate enough to now begin my 13th year in the Palos Verdes Peninsula Unified School District. After graduating with a bachelor's degree from Cal Poly Pomona, I attended Loyola Marymount University to earn a Master's in Counseling and credentials in teaching, administration and counseling. As I continue to develop personally and professionally, I

am in my final stages of completing a Doctoral degree in Education. The focus of my research is to find effective professional development tools for veteran teachers. My passion for teaching and learning continues grow and I am able to incorporate all that I learn into my career at Rancho Vista.

I am a mom to three beautiful children who attend nearby elementary schools. Having my own children attend schools in the district in which I work allows me to experience school as a parent and an administrator. My husband, Brent, is also in education. We are a family that works hard but also enjoys playing and spending time as a family. We enjoy soaking up the sun, cooking, trying new restaurants, and going on what my children call "fun adventures."

I am enthusiastically ready to begin a new school year with the amazing Rancho Vista families and staff. Let's go, Rancho!

**I hear, and I forget.  
I see, and I remember.  
I do, and I understand.  
— Chinese Proverb**

## Ridgecrest *Intermediate School*

28915 Northbay Rd., Rancho Palos Verdes, CA 90275-4902 • 310/544-2747



**Jaime Mancilla**  
*Principal*

My name is Jaime Mancilla and I'm extremely honored to be the new principal of Ridgecrest Intermediate School. I have been an educator in the South Bay my entire career. I grew up in Culver City and graduated from Culver City High School. I attended Loyola Marymount University where I obtained my BA in Spanish Literature as well as my teaching credential. I started teaching Spanish (and French) at Mira Costa High School and Redondo Union High School in 1991. When the districts unified I stayed at Mira Costa where I taught Spanish for 17 years. During that time I returned to school at Dominguez Hills where I received a Masters in English TESL and another Masters in Educational Administration. After leading in a variety of capacities, I decided to try my hand at administration and became an assistant principal at Mira Costa. I was an AP for six years as well as an Athletic Director for one of those years and my roles were as varied and extensive as the position would demand. I was then hired as principal of El

Segundo High School for the next three years. As principal of ESHS, I was able to achieve what I hoped for: to be a principal that leads a school towards higher achievement while creating a nurturing environment where students can grow intellectually and emotionally. I was proud of our work at El Segundo but the opportunity to bring my background and skills to such an incredible middle school as Ridgecrest was too hard to pass up. I am excited about working with the faculty and staff and I hope to create a Ridgecrest community that focuses on high academic standards for all students in an environment where every student feel safe, valued, respected and fully prepared for high school and beyond. Finally, I must say that I have been so blessed to be able to fulfill my career aspirations with the support of my incredible family. Christie, my wife of 24 years is a Cabi consultant and supermom to my two amazing kids. My daughter, Alexa, is a sophomore at El Camino planning to transfer as a journalism major to one of the universities in the Bay area and my son, Jackson is nervous and excited about starting middle school in West Torrance. I look forward to meeting all of you soon. Go Raiders!

## Silver Spur *Elementary School*

5500 Ironwood St., Rancho Palos Verdes, CA 90275-1739 • 310/378-5011



**Marta Jevenois-Richardson**  
*Principal*

Welcome back to the new school year 2017-2018! I hope you all had a marvelous summer and had time to relax, read, enjoy and have plenty of adventures! I had the opportunity to visit Asia for the first time and had a phenomenal time and learned so much! Thanks to the Japanese Business Association of Southern California (JBA), I had the opportunity to visit Japan for two weeks. With other educators from the US and Europe, we visited schools in Tokyo, Hiroshima, and Kyoto. We met with students, teachers, principals, and administrators and visited classrooms, as well as taught at a public elementary school in Tokyo! But the most rewarding experience probably was

to observe the Japanese school lunch system! Students enjoyed a lunch made from scratch by cafeteria personnel, they served their classmates, and cleaned up after themselves! Outstanding!

After Japan, I visited Bali and then Malaysia. I met with a Silver Spur Malaysian family in Kuala Lumpur and learned some more about their culture!

I truly love to travel and learn about new cultures. It is my goal to incorporate all I learn in my travels into the Silver Spur community. Our 21st century students need to be prepared to be global students who collaborate, communicate, create, and use their thinking skills on a daily basis. I am here to support them and to lead this work. To a great new school year!

**Every artist was at first an amateur. — Ralph W. Emerson**

## Soleado *Elementary School*

27800 Longhill Dr., Rancho Palos Verdes, CA 90275-3909 • 310/377-6854



**Gina Stutzel**  
*Principal*

I am grateful and honored to have just completed my fourth year as the proud principal of Soleado. At the end of every school year, I like to take time to reflect on everything we have accomplished during our fantastic year together as students, parents, and teachers. However, during the long summer break, I start to move away from school responsibilities and begin planning quality time with family and friends. Something I am very proud of at our school is the encouragement of quality family time. The staff and I have made it a priority to encourage families to set homework aside for several nights during the school year and just enjoy each other's company rather than feeling pressured by homework and other external obligations.

This summer, I had the privilege to travel across the United States with my son. This trip was great in more

ways than one. As a mother, it gave me quality time to connect with my 23 year old son as he prepares to begin his journey into the work force. As a principal, it reminded me of what a blessing it is to spend six years with each child at Soleado and to be a significant part of their growth and development. Those delicate years of childhood are special and my position as a Principal is critical in making sure that each child feels important during those formable years.

If I can leave you with a bit of simple advice...listen to those around you, be a friend, keep your attention focused on what is important, be kind to others, and spend time together as a family. Thank you for entrusting your children to us. I love being your principal and my staff loves to teach and care for each child as they matriculate through Soleado Elementary. I am looking forward to another spectacular year together!

## Vista Grande *Elementary School*

7032 Purpleridge Dr., Rancho Palos Verdes, CA 90275-3059 • 310/377-6066



**Jeri Delatorre**  
*Principal*

I cannot remember a summer that did not involve a camping trip. My family visited many California campgrounds, but most often we ended up at Huntington Lake, 7,000 feet above Fresno. I continued that tradition with my son. Our trips extended across the western United States, but most often we ended up at Huntington Lake as we did again this summer. Now he brings his wife along! Summer is a wonderful time to disconnect from the rush and routine of a school year. Sitting around a campfire, hiking in the forest, and listening to the wind instead of the television are moments that allow me to re-set and renew.

Yet my fondest memories were those moments when I returned to school to see my friends again. Reconnecting after being apart for months was absolutely joyous! There is something magical about reuniting with your truest friends. Whether the separation has been a mere summer or many years, conversations continue as if you had spoken only yesterday. The warmth of that friendship never

seems to die. This summer I reconnected with a friend that I went to school with until we graduated high school. She has lived her entire adult life in Spain, marrying and raising her sons there. When we reconnected this summer, conversation was never awkward or forced. We picked right up where we left off!

My passion for education is a result of connections made by my teachers. I can name every teacher I had from kindergarten through high school. I believe that is because they connected with their students. You see, education goes far beyond the delivery of information. Memorable teachers make personal connections with their students. Skilled teachers connect learning to their students' lives, their prior knowledge and experiences. As we move into our new school year, caring teachers and staff will also enable students build positive social and emotional connections with one another.

According to Ai Yaza, "People can't be just tied together. They have to connect. Otherwise, they'll find themselves bound hand and foot."

**Man's mind, once stretched by a new idea,  
never regains its original dimensions. — Oliver Wendell Holmes, Jr.**

# Palos Verdes Library District

701 Silver Spur Rd., Rolling Hills Estates, CA 90274 • 310/921-7500 • [www.pvld.org](http://www.pvld.org)



**Laura Henry**  
*Young Readers  
Manager*

## PVLD's Many Realms

People are constantly amazed at the sheer bounty of what the Palos Verdes public library has to offer school-age children and their teachers. Besides its wealth of physical materials—40,000 books, CDs, and DVDs just for our younger readers—the library boasts a wide array of programs, services, and digital items aimed at meeting the educational and recreational needs of the PVPUSD community.

Fostering reading remains central to our vision, and PVLD makes good on that promise with a number of offerings. Just wrapping up another successful season is the ever-popular Summer Readers program for kids and teens, which includes both online and paper-based options. The program helps avert the dreaded “summer slide” in children’s reading abilities while school is out of session. Yearlong support for reading comes in the form of direct guidance from PVLD’s librarians. These professionals give personal recommendations based on their own reading and training; prepare suggested reading lists (both digital and print) for grade levels, genres, and even specific classroom assignments; and demonstrate the use of the NoveList K-8 Plus subscription tool, a powerful

electronic resource that steers readers to captivating books based on their interests and needs.

Homework help is another key pillar in PVLD’s support to the schools. Is your child grappling with a tricky math problem? In search of an article on the red-eyed tree frog? Looking for a good book at a specific Accelerated Reader or Lexile level? Thanks to the library’s collection of online research tools, such as the Brainfuse interactive tutoring system, the World Book encyclopedia, Overdrive eBooks, the historical Los Angeles Times database, and our enhanced library catalog search engine, answers to these questions and more are only a few clicks away.

PVLD also does its part to reinforce critical thinking skills and good research habits. Our services and programs in this area include in-person visits to middle grade classrooms (grades 4-8); our Information Power! Core Skills for College Success workshops for high school students; and our one-on-one A+ Research Success sessions for children of all ages, scheduled by appointment only.

Last but not least there is the library’s Teen Annex—a safe, positive, fun space for students in grades 6-12 to hang out.

We look forward to seeing you soon either on-campus, at a PVLD library branch, or online at [www.pvld.org/kids](http://www.pvld.org/kids), [www.pvld.org/teens](http://www.pvld.org/teens), and [www.pvld.org/research](http://www.pvld.org/research).

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## PVP Council of PTAs

### Listen, Learn, Lead!

*By Selina Lai, President*

There I was, three-year old on my hip, standing at the MPR stage door, “Come on now, it’s your turn. Be careful. Go one at a time up the stairs.” The students had learned an ethnic dance in music class, which was practiced after school with a parent volunteer, who passed out hats and sashes from the PVP Costume Closet, to complement their performance. The students were thrilled to perform on the stage for friends and family and afterwards, feast on international dishes, and create ethnic crafts that would be proudly displayed at home. That was 15 years ago when I first volunteered at Montemalaga Elementary School as the chair of the PTA Multicultural Festival. Little did I know that my experience, as a world traveler and a multi-ethnic individual, would start a journey of education and service to my school communities that would touch the lives of hundreds of children. As the new school year approaches, let this anecdote remind you that you never know the real value of your experiences until you get involved in a PTA.

This year our PTA Council theme is “Listen, Learn, Lead!” We plan to serve our students and school communities by listening to their comments and concerns,

learning how we can support an excellent education and the personal well-being of our students, and developing leaders who are compassionate and committed to improving the lives of all children and families in our community. As PTA Council leaders our goal is to support the leaders at our school sites by giving them the guidance to implement meaningful programs for our school communities. We also act as the liaison between our Council and the 33rd District PTA and the California State PTA, which advocates for all children at the state level.

In September, PVP Council leaders will hold training for the PTA Reflections Art Program, the Costume Closet, financial procedures, and bylaws updating. In addition, the PVP Council Costume Closet will start regular business hours on Wednesday, September 13 from 11am-5:30pm. More information on our PTA Council activities can be found at [http://website.memberplanet.com/pvp\\_council/main.html](http://website.memberplanet.com/pvp_council/main.html).

Thank you to the many PTA unit volunteers who coordinated Registration Day at all our school sites. Your efforts made PV families feel welcome at their schools and made the registration procedure less daunting. Wishing you much success in the new school year!

# BETTOLINO

KITCHEN

Please join us for a  
**FREE  
KIDS MEAL**

(With the purchase of an adult entrée,  
not valid with any other offers)

**Expires 10.10.2017**



## Bettolino Kids Word Search

BETTOLINO  
KITCHEN  
PASTA  
CIAO  
RAVIOLI  
MEATBALLS  
PIZZA  
SAUCE  
DOUGH  
TOMATO  
MANGIA

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

### Chicken Tenders

Breaded Mary's organic chicken tenders,  
parmesan dipping sauce...9

### Meatball Mac and Cheese

Pasta, parmesan sauce, crumbled  
meatballs...9

### Pasta with Sauce

Penne with your choice of Butter, Alfredo or  
Marinara Sauce...7

Add Chicken...3 extra

Add Shrimp...3 extra

Add Meatballs...2 extra

### Cheesy Bread

Baked bread, tomato sauce, mozzarella...8

### Chicken Risotto

Mary's organic grilled chicken, buttered risotto,  
parmesan...9

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