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School News

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Covering the Fullerton School District

VOLUME 6, ISSUE 16

OCTOBER 2018–JANUARY 2019

Great Schools, Successful Kids, and Full Classrooms



Dr. Robert Pletka
Superintendent

Pictures were taken to commemorate back to school for the 2018-19 school year at 20 Fullerton School District schools. There were smiles, there were tears, and even some embarrassed teens as parents took pictures of their children returning to school on the first day. The restful summer quickly vanished as the bell rang and teachers opened the doors to welcome students. All 20 schools in FSD opened their doors on August 13, 2018 and welcomed over 13,500 students to the new school year. Staff and teachers experienced all the emotions of parents and students during the first week of school.

FSD is looking forward to a great school year and is off to an amazing start as best shared through one experience of a new 3rd grade student at Hermosa Drive School. This student was very apprehensive to start a new school and make new friends. It had been reported by the previous school that he tended to cry a lot, frequently asked to go home during the school day, and missed several days of school. On the first day, there were a few tears in the morning and a few questions asked about going home early towards the end of the school day. The next morning, the student's mother happily reported that her child woke up at 5:00 AM excited to go to school. The mother asked why he was so excited and he said, "Because Ms. Brewster is a very nice teacher and she has a nice smile!" A week later, the crying has stopped, the questions have stopped, and the student happily reports to Ms. Brewster's class each morning! The smiles of teachers, students, and staff are what make for great schools and successful students.

Not to be outdone by teachers, school site support staff was on the top of their game and it was acknowledged, "I love how your office staff is so friendly and accommodating. I am thrilled that my children are able to attend Maple School this year!" commented parent, Marta Gavina, to the school Principal.



Dr. Tracy Gyurina, Principal at Sunset Lane School, summed it up perfectly, "The start of school is always an exciting time. Our transition back to school was a smooth one this year. Students, parents, teachers, and staff were all enthusiastic and the positive energy was contagious. We had happy and smiling faces and we are looking forward to capturing our first day of school excitement and carrying it with us for the remainder of the school year."

Immersing Ourselves in the Natural Wonders

Dr. Al Mijares, Superintendent Orange County Dept. of Education

Outside the urban glare of Los Angeles, we found a night sky packed with stars and a still silence interrupted only by the wind's whisper and the chatter of crickets and frogs. It was different, yet familiar.

My father packed little more than a kerosene lamp, a small tent and some fishing gear for those family camping trips of my youth. But it was never about what we brought or left behind. It was about immersing ourselves in the natural wonders of Southern California's mountains, forests and beaches — and discovering that we were connected to something bigger.

Whether we were on a KOA Campground or Refugio Beach, every direction offered frontiers to explore, mysteries to be solved and scientific observations to be made, without textbooks, lab coats or microscopes. Allowed to chase our curiosities, my brothers and sisters and I were laying deep foundations for learning. But if you asked us, we were just having fun.

Today, technology has emerged as a primary frontier of childhood exploration. But while there are obvious benefits to raising tech-savvy children, I echo the sentiments of countless researchers who suggest we're missing out on opportunities to nurture brain development and strengthen mental health when we close ourselves off from nature.

See IMMERSING OURSELVES Page 12



Third-grade students enrolled in the Inside the Outdoors' Wild Wetlands program.

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Kay Coop
Founder/Publisher



Welcome back to another school year. Superintendent Dr. Pletka's message on the front page explains the excitement and anticipation of a great year ahead.

This is our 6th year publishing the excellence from the Fullerton School District. Thank you for continuing to include *School News* among your reading choices. Our next issue is February 13, 2019.



Happy Halloween

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School Lunch Just Got Better!

By Nancy Wikes MS, RDN

Nutrition Services worked over the summer planning and testing new recipes, many of which will be scratch made. The goal was to create healthy recipes that fit the school meal requirements yet are LOVED by students. Recipes rolled out when school started in August including the student tested and approved chicken drumstick, Pepperoni Pizza Pie and Kicken' Korean Meatballs. They continued in September with the Texas pulled pork, breadsticks with marinara, and scratch made hummus. In addition, we added the two rice recipes from our recipe contest that took place last spring. These include an Asian and a Spanish rice recipe. The Asian rice was named When Egg met Rice and is served with BBQ teriyaki chicken and the Spanish rice, Mrs. G's Mexican Red Rice is served with grilled chicken. These are just a few examples of new foods being offered here at FSD.

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Acacia *Elementary*

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Liz Leon
Principal

Committed to Life-Long Learners

Acacia teachers take great pride in their commitment to be life-long learners and share their skills with other educators to help replicate success. Acacia School recently hosted 27 teachers from across districts, Cotsen Foundation members, and Momentum consultants to observe our teachers model Reader's Workshop as a part of our Balanced Literacy journey. Visitors saw live demonstrations of research-based teaching strategies grounded in Lucy Calkin's Units of Study implemented at both the primary and upper grade levels. Teaching points for the lessons ranged from good readers reflect to capture their best thinking, good readers mark important parts of their book to share with a partner, and readers build good reading habits by setting goals. Acacia teachers debriefed with observers about their lesson and helped answer questions. The most rewarding part of the process is the love of reading and genuine joy for learning that radiates from our students!



Beechwood

780 Beechwood Ave., Fullerton, CA 92835 • 714/447-2850 • www.fullertonsd.org



Julie Graham
Principal

Personal Actions to Happiness...PATH Finder

As an International Baccalaureate school, we strive to equip, enrich, and empower students to have a positive impact on their school, community, and world. This year for the first time, we will be expanding our mission through Fullerton School District's PATH Finder program.

All students in fifth through eighth grade will have the opportunity to take a strengths assessment through Thrively.com. From there, students will utilize their strengths to explore and expand their career pathways and interests. To further these experiences, Beechwood will host a career day where students explore careers and engage with professionals across different fields that coincide with personal interests. In addition, all middle school students will visit colleges and universities in the month of October. Overall, our aim is to support students in selecting meaningful pathways to college and career.



Commonwealth *Elementary*

2200 E. Commonwealth Ave., Fullerton, CA 92831 • 714/447-7705 • www.fullertonsd.org



Anita Lomeli
Principal

Healthy Brains and Bodies

Commonwealth Tigers came back to school healthier, happier, and nationally recognized! We are the proud recipients of the Alliance for a Healthier Generation 2018 Bronze Award. We know that healthier bodies and brains impact student learning. We went on a mission to ensure our students, families, and community learned and implemented a healthier lifestyle in and out of school. First, our students receive 100 minutes of PE every week, revitalize with brain breaks during class time, taste new fruits and vegetables monthly, and participate in extracurricular activities after school such as intramural sports and Ballet Folklórico. 90% of our students eat a healthy school lunch with a salad bar option. Last Fall, we began the school year with a school-wide pledge to drink more water! Our parents joined in too! Parents were offered over 12 weeks of nutrition education classes, and fresh fruits and vegetable for healthier home cooking. A healthier ME is the way to BE!



Robert C. Fisler

1350 Starbuck St., Fullerton, CA 92833 • 714/447-2890 • www.fullertonsd.org



Julienne Lee
Principal

Photography Honors

By Julienne Lee and Kyle Stava

Nine students from Robert C. Fisler School had their photography work displayed at the Laguna Pageant of the Masters Junior Art Exhibit for the 2018 season. The work of 7th and 8th grade students from Mr. Stava's Technology class represented a variety of photography projects, including fall still lifes, compositional design, depth and macro photography. Their work was first chosen through a juried selection as part of the Orange County Imagination Celebration and then further judged by professional artists for the Laguna Junior Art Festival. Teacher, Kyle Stava, was recognized as an Honor Roll Teacher!



Joyce's photograph, A New View, was awarded 1st Place for the 6th - 8th Grade Photography Category. Award winners were honored at a ceremony at the Pageant of the Masters Art Festival Grounds on August 12, 2018 with a medal and certificate. What an honor for Fisler School!

Fern Drive *Elementary*

1400 W. Fern Dr., Fullerton, CA 92833 • 714/447-7710 • www.fullertonsd.org



Dr. Julie Brandon
Principal

PBIS Silver Level Recognition

Fern Drive is excited to have received the PBIS Silver level recognition from the California PBIS Coalition. What is PBIS, you ask? PBIS stands for Positive Behavior Interventions and Support. The philosophy behind PBIS is that the school establishes, teaches and maintains a positive social culture through positive behavior supports at three tiered levels.

The goal is for all students to achieve social, emotional and academic success. PBIS supports include positive language used by all adults at the school. High behavior expectations are location specific, and are explicitly taught and modeled to all students throughout the year. At Fern, that includes the classrooms, playgrounds, library, lunch tables and hallways. Fern Drive teachers felt so strongly about digital citizenship, we even added an online expectation because we are a 1:1 iPad school! With consistent implementation, we have seen a decline in referrals and an increase in achievement! Way to go, Falcons!



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Golden Hill *Elementary*

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Katrina Piche
Principal

Music Class

The music class at Golden Hill is off and running! The students are preparing for their first performance on October 18th. They will sing some of today's hits as well as some revived old favorites. In the day-to-day routine, the class is working on singing with good posture and breath support, as well as good vocal technique. Some of the songs have solos, so the students are learning how to solo and perform. They also found out that there are a lot of students that enjoy Rap, Hip Hop, and Pop music. Soon they will be starting an after school program where they will be developing Golden Hill's very own show choir. Look out for those performances in January and May. The students look forward to many more performances in the community and on the campus. Golden Hill's music program started on a strong note and everyone is excited to see where it will go!



Hermosa Drive *Elementary*

400 E. Hermosa Dr., Fullerton, CA 92835 • 714/447-7720 • www.fullertonsd.org



Danielle Ramirez
Principal

Heathy School

Hermosa Drive is excited to announce that we have been selected as one of America's Healthiest Schools! We have worked really hard to make this dream a reality. In just one year, we were able to fully implement three school gardens, a student garden club with Cal State Fullerton's Urban Agriculture Community-based Research Experience (U-ACRE) program, our Morning Milers program, five different after-school sports with Cal State Fullerton's athletic teams, a student sports broadcasting club, flexible seating in all classrooms, a daily salad bar, the Kids Run the Orange County Marathon program, school-wide movement breaks every day, Harvest of the Month food tastings, Fitness Fridays, two soccer teams with



the Fullerton Rangers Soccer Club, Jr. Olympics Day, and updated sports facilities and equipment. We are extremely honored to be recognized by the Alliance for a Healthier Generation. We eat, sleep, and breathe our school motto: LEARN. MOVE. ACHIEVE!

Ladera Vista *Junior High School of the Arts*

1700 E. Wilshire Ave., Fullerton, CA 92831 • 714/447-7765 • www.fullertonsd.org



Bill Lynch
Principal

Much to Celebrate

Ladera Vista Junior High School of the Arts had much to celebrate this summer! In June, the LV Schools to Watch team headed to Washington D.C. to accept the national designation of Schools to Watch by the National Forum at the annual Schools to Watch Conference. Schools to Watch is an initiative launched by the National Forum to advance excellence in the middle grades.

While in D.C., the team had a busy schedule. They had the opportunity to meet with legislative leaders and were able to discuss important policies and issues facing middle schools. During the conference, the team presented "Utilizing the Arts As a Springboard for Success" to other schools from across the nation. To share our exemplary work of how we utilize student art journals, how we develop cross-curricular arts integration, and the various choices we offer our students for their two different electives, was impactful and rewarding.



Laguna Road *Elementary*

300 Laguna Rd., Fullerton, CA 92835 • 714/447-7725 • www.fullertonsd.org



Dr. Cindy Bak
Principal

STEM Lab

The vision of Laguna Road School is to empower and enable every student to think creatively, take responsible risks, embrace diversity, and make impactful changes in their community through acts of public service and social responsibility. Through our Project Impact STEM program, every student in Kindergarten through 6th grade participates in hands-on, engaging lessons integrating Science, Technology, Engineering, and Math, connected to a global theme or question.

Thanks to Laguna Road's Support Our School Foundation and generous community donors, our media center was transformed

into a state of the art STEM lab this year. The Project Impact STEM Lab will be a space where students can discover, build, create, and find their way to impact the world. In this picture, our 5th graders used a microscope to investigate the structure of a cell and explore how a person's cell count impacts their susceptibility to disease.



Maple *Elementary*

244 E. Valencia Dr., Fullerton, CA 92832 • 714/447-7590 • www.fullertonsd.org



Anthony Abney
Principal

Culturally Responsive Education at Maple

At Maple, we value culturally responsive and relevant education. Culturally responsive teaching is a student- and family-centered approach in which a student's well-being and cultural identity is valued and celebrated. In general, we want our students to explore their own culture, investigate their cultural roots, and learn about and appreciate other students' and neighbors' cultures as well.

Our first large-scale cultural event of the year is our annual Dia de los Muertos Celebration on November 2 from 4:30 to 8:00 PM. This event, co-sponsored by our PTA, will culminate our month-long celebration, during which students will learn about the holiday, create

classroom ofrendas, and participate in a themed Family Arts Night, sponsored by the All the Arts Foundation.

Later in the year, Maple will continue its culturally responsive focus for its Multicultural Showcase Hallway (February), Lunar New Year (February), and Cinco de Mayo (May).



Teachers See the Possibilities

At Oaks Christian School, Mary Kay Altizer applies her passion for the arts and educational technology as she leads the school's performing arts department, including a cutting-edge digital recording and production program.



Oaks Christian School, Advanced Digital Recording Class, Performing Arts Chair, Mary Kay Altizer, M.A. '15

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Nicolas *Junior High School*

1100 W. Olive Ave., Fullerton, CA 92833 • 714/447-7775 • www.fullertonsd.org



Robyn Clemente
Principal

Festo Lab

Nicolas is happy to announce the opening of the new Festo Lab. The new lab allows Nicolas students to focus on technology and engineering design based learning while integrating science and mathematics concepts using a project-based approach, with the goal of providing students the opportunity to optimize solutions for real-world problems. Students learn concepts related to STEM disciplines in a “learning by doing” environment. The lab focuses on an integrated approach to STEM emphasizing innovation, problem-solving, critical-thinking, and creativity using hands-on training systems that allow students to apply math/science fundamentals to complete projects using the engineering design process. Students will work on Aerodynamics, Automation & Robotics, CAD, CNC Lathe, Engineering & Stress Analysis, Environmental Technologies, Fiber Optics and Lasers, Alternative Energy, Plastics, Mechanisms, Electricity, CNC Mill, Mechatronics, Electronics, and Process Engineering.



Orangethorpe *Elementary*

1400 S. Brookhurst Rd., Fullerton, CA 92833 • 714/447-7730 • www.fullertonsd.org



Ginger Frady
Principal

ORCA Parent Pod Pride

At Orangethorpe we continue to encourage parent and community involvement. Our parents and extended family are looking forward to our first family event of the year, Grandparents Day. Parents are enrolling in parent courses, volunteering in classrooms, building a successful PTA, and dads are eagerly volunteering to be a part of the “Watch Dogs” program coming to our campus soon. Parent classes offered this year will cover a range of topics: Love & Logic Parenting, Nutrition, English as a Second Language, Technology 2.0, and School Smarts. Each of these classes is hosted on our campus. In addition, our PTA Board has been hard at work building a team to host book fairs and campus fundraisers; proceeds will be used for classes to engage in adventures beyond our campus and All the Arts for All the Kids. We couldn’t be more excited for our ORCA Parent Pod involvement opportunities this year!



ORCA Parent Pod Pride in Action

Pacific Drive *Elementary*

1501 W. Valencia Dr., Fullerton, CA 92833 • 714/447-7735 • www.fullertonsd.org



Dr. Kelly Castillo
Principal

Pacific Drive Celebrates Volunteers!

This September, the Pacific Drive community celebrated three of our volunteer groups with a thank you festival. The entire Pacific Drive team is grateful for all of the support that our volunteers offer our community and students. Our Safety and Welcome Committee greets students at the gate each morning, assists with traffic flow in our parking lot, and facilitates campus clean up each Monday. Our PTA spearheads a multitude of community events and fundraisers including the much-anticipated Fall Harvest Festival and Costume Celebration. PTA has also fundraised, through our Jog-a-thon, to finance field trips at all grade levels. Padres en Accion, in cooperation with Kid Healthy, facilitates organized games and sports during our lunch recesses and sponsors Wellness Wednesdays with a before school fitness session. On behalf of our students, teachers, staff, and community members, “Thank you for all that you do!”



Mrs. Ioanna Garcia, PTA President; Mrs. Egleth Nuncci, ELAC Chair & Safety Committee Lead; Dr. Kelly Castillo, Principal; Mrs. Rose Alcazar, Padres en Accion Coordinator

Raymond *Elementary*

517 N. Raymond Ave., Fullerton, CA 92831 • 714/447-7740 • www.fullertonsd.org



Yolanda McComb
Principal

Parent Engagement Soars!

Raymond is abuzz with parent engagement. PTA membership has doubled, and parent meetings are bursting with families wanting to

help. Raymond is thankful for the hard work our parents do to enrich the lives of our children and help create memorable events all year long for students. Raymond parents volunteer in classrooms, organize school-wide events, fund field trips, assemblies, and a portion of All The Arts for All the Kids. Also, new to Raymond, the newly trained parents in action group lead active and engaging games for students during lunch times 3 x per week. Children love seeing their parents lead by example to show all children how moving more makes healthier happier kids for life. Congratulations to parents for becoming active leaders in creating healthy communities.



Parks *Junior High School*

1710 Rosecrans Ave., Fullerton, CA 92833 • 714/447-7785 • www.fullertonsd.org



Laura Makely
Principal

Off to a Great Start

The 2018-19 year is off to a fabulous start at Parks Junior High School. For the first time, our school held orientation for seventh and eighth graders the week before school started. Students were able to pick up their iPads, order P.E. clothes, and pick up their schedules, then participated (along with their parents) in orientation sessions led by Parks teachers followed by campus tours. The sessions reviewed our PBIS program, the Parks PATHfinder program for college and career exploration, and opportunities for parent involvement. Our PATHfinder program is

in high gear, and plans are underway for an exciting kickoff. Be on the lookout for fun activities for the whole community, including a business/career mixer for parents, opportunities to serve as a career mentor for students, and the chance to share your expertise in your career field at our interactive career fair.

Parks's ELA department is proud to announce its new program, "40/40." This year, all students are encouraged to read forty books in forty weeks and prizes will be awarded to those who meet their goal. Reading regularly has an enormous influence on achievement, and we encourage all of our Panthers to meet this reading challenge. We are proud to announce another new program at Parks: Speech and Debate Club. Students meet weekly after school to practice various categories of speech and debate in preparation for local competitions. Fall sports have kicked off with volleyball and football. Students are hitting the courts and the gridiron to sharpen their skills with the goal of dominating in the after-school sports competition.

Parent workshops start off this year with an evening session, "Creating Successful Students," dedicated to helping parents promote organization and study skills at home. We encourage parents to attend these workshops as well as our other parent activities throughout the year in order to stay involved and engaged in their children's education. #parksbest2years

Richman *Elementary*

700 S. Richman Ave., Fullerton, CA 92832 • 714/447-7745 • www.fullertonsd.org



Kristen Holm
Principal

Free Classes

The Richman School Community understands the importance of parent engagement and its effect on student achievement. At Richman, parents are encouraged to become an active part of their child's education and we pride ourselves on the quality of opportunities for our parents to gain new knowledge to become the best possible parent.

This year we have several opportunities for parents to participate in free classes at Richman. Beginning in September, we will be offering free English Classes 4 days a week for 3 hours every day and free childcare.

Also beginning in September is our Kid Healthy/Padres en Acción Class. The Padres en Acción program engages parents as active volunteers and advocates in their children's lives providing a direct impact in the attitudes and behaviors of their families. The program begins with a series of 6 training classes covering topics in nutrition, physical activity, parent engagement, and advocacy. This core group of parents become volunteers on the playground providing a consistent and long term physical activity opportunities for students.

On October 3rd, our Words Alive Literacy class will begin and continue every Wednesday for 6 weeks. TK and Kindergarten Parents are invited to learn how to engage and teach their child to read. At the end of every class the parent and child will leave with a free book.

Lastly, looking ahead to January 2019 we will be offering an Active Parenting class- it is an evidence-based program developed by a renowned family therapist. Parents will learn how to increase and improve communication within their family, how parents can help their children be successful in school, and how to prevent problems with substance abuse and many more topics.

Thank you to all of our Richman families for taking an active role in your child's education. Way to go, Racers!

Rolling Hills *Elementary*

1460 E. Rolling Hills Dr., Fullerton, CA 92835 • 714/447-7795 • www.fullertonsd.org



Juleen Faur
Principal

Performing Arts takes Center Stage

Rolling Hills is proud to share the amazing technological enhancements that our multipurpose room (MPR) received at the end of the last school year. With the support of the Fullerton School District and Rolling Hills community brand new theatrical LED lighting has been added including spot-lights and wash lighting to ensure amazing effects. A new light and sound board to control all of the features was purchased and tried out on our end of the year plays, and thanks to the generous

contributions to the Rolling Hills Foundation we have added 14 new body microphones, receivers and equipment to ensure the highest quality performances and sound are available to our fantastic young thespians. Our first performance of the year is 1776, which will perform at the end of October, we are so excited to showcase all of the new improvements. Thank you to FSD and our community, without your ongoing support this project would not have come to fruition!



Sunset Lane *Elementary*

2030 Sunset Ln., Fullerton, CA 92833 • 714/447-7750 • www.fullertonsd.org



Dr. Tracy Gyurina
Principal

Very Proud

As we embark on an exciting new school year, Sunset Lane would like to highlight and celebrate the many award recognitions we have recently received. Sunset Lane continues to be recognized as a Gold Ribbon School for making gains in implementing academic content and performance standards. Sunset Lane has also earned certification as a Digital Citizenship School, acknowledging our efforts to educate students on safe and responsible technology usage. We also received the Silver PBIS Implementation Award, for our dedication to educating the whole child while meeting their academic, behavioral, and social-emotional needs. Lastly, we are recognized as one of five schools in the Fullerton School District to have received Level 1 High Reliability School certification for creating and maintaining a safe and collaborative learning culture. Sunset Lane Seahawks are proud of our accomplishment and we look forward to another exceptional school year.



Valencia Park *Elementary*

3441 W. Valencia Dr., Fullerton, CA 92833 • 714/447-7755 • www.fullertonsd.org



Dr. Erlinda Soltero-Ruiz
Principal

Healthy Choices

This year, Valencia Park is a proud recipient of the Fresh Fruit and Vegetable Program (FFVP) grant. This program is designed to introduce students to a variety of produce that they otherwise might not have the opportunity to sample. Additionally, fun nutritional facts about the items being served are provided to students to reinforce the importance of healthy food choices. Through exposure of new and different varieties of fruits and vegetables, it is anticipated that there will be an increase in acceptance and consumption of unprocessed produce. How does

this program work? Three times a week, during recess, a produce cart filled with the daily fruit or vegetable is wheeled out to the playground and made accessible to all. Students in kindergarten through sixth grade are encouraged to sample the produce as an alternative healthy snack. Not only do they benefit from a tasty treat but they are making healthy food choices.



Woodcrest *Elementary*

455 W. Baker Ave., Fullerton, CA 92832 • 714/447-7760 • www.fullertonsd.org



Rochelle Wolf
Principal

Increasing Student Engagement

Woodcrest teachers strive to increase student engagement every day. One way we are increasing engagement this year is by offering students a variety of flexible seating options in every classroom. Our students can choose to sit in ball chairs, wobble, and drift stools, scoop rockers, director's chairs, wobble cushions, and bean bags. Work area choices include high and low tables, lap desks, mini picnic benches, and standing desks. One of the rooms even has a tent to work in!

All of these seating options are providing students with several benefits. For one, students feel empowered by having a choice where they learn. Secondly, there are a number of health benefits. The moving, bouncing, wobbling allows for greater oxygen to the brain, as well as improvement with balance, core strength, and blood flow. Lastly, flexible seating allows students to easily collaborate and communicate with peers for group work, making learning fun.

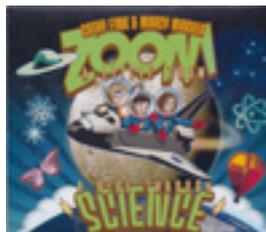


Zoom a Little Zoom



Kate Karp

With all the changes around the planet, it brings you down to earth—like gravity—how basic science remains the same. Snowflakes still form through crystallization, lightning still comes from electrical charges, and that ol’ gravity will still bring ya down! But fear not—the inherent lightness in *Zoom a Little Zoom* will have everyone up, moving, and learning about science at lightning speed!



The songs were selected from *Ballads for the Age of Science*, a forward-thinking collection of vinyl LPs produced in 1961. They featured original songs performed by folk and pop-music artists active in the mid-20th century, including Tom Glazer of “On Top of Spaghetti Fame.” The project aimed to make basic science enjoyable and understandable to children. Now, Cathy Fink and Marcy Marxer, two longtime busker-type musical artists, have brought these songs into the STEAM-science present with *Zoom*, swapping one musical style for another—the duo does a great Andrews Sisters!—but retaining the lyrics

Nature, space, energy and weather are all renewed. “Vibration” uses stringed instruments in the best way possible; “Why Does the Sun Shine?” is a sea chanty that talks about how far, how big and how important our Mother Star is to life; and “We Know the Air Is There” suggests a neat experiment and is enhanced with fiddle solos and banjo plucking. Speaking of experiments, a downloadable PDF with science activities comes with the CD.

In this rapidly changing world, it’s good to know that there’s still a base on which to build science education.

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

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Appliances – 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 word you email to: Kay@schoolnewsrollcall.com (Please put Fullerton in the subject line)

Entries must be received by November 30, 2018

From the correct entries one name will be drawn to win a GAZUMP card/dice game - fun for all ages!

- | | | |
|------------|------------|----------|
| VACUUM | STOVE | COMPUTER |
| WASHER | FAN | JUICER |
| DRYER | MIXER | SKILLET |
| DISHWASHER | BLENDER | KNIFE |
| FRIDGE | COFFEE POT | CLOCK |
| HEATER | COMPACTOR | |
| MICROWAVE | RADIO | |
| OVEN | CROCKPOT | |



Congratulations to Sandy Aljala Brown and Josef Mueller
Winners of Our April Word Search Contest!

What is Livestreaming?



Livestreaming is a technology that lets you watch, create, and share video in real time. It's similar to a live TV broadcast, except it's done with a phone and an app instead of a camera and microphone. And instead of a pre-scouted, controlled location, livestreams tend to happen wherever kids are: a bedroom, a concert, even classrooms. Livestreaming also borrows from the world of video chat. FaceTime and the popular group-chatting app ooVoo, for example, enable livestreaming.

Livestreams can be public or private. While some internet-famous folks livestream on public channels, most tweens and teens livestream fun stuff -- like their cat walking from room to room -- just for the people who follow them on social media. (Depending on the platform, a livestream that isn't viewed at the time it's uploaded is available as a recording for a certain amount of time.)

Lots of apps that are popular with tweens and teens, including [musical.ly](#), [Snapchat](#), and [Instagram](#), offer the ability to livestream as one feature among many. Users can choose to go live as easily as they can upload photos and status updates.

Apps such as [Twitch](#) and [YouTube](#) provide a platform for more serious internet creators who livestream for a dedicated audience (and to make money). Hosts can broadcast live and either tell their followers to tune in at a specific time for a live show or record it to be watched by fans later. [Let's Play](#) videos -- where gamers broadcast themselves playing video games -- constitute one of [the most popular livestreaming](#) categories, with over [600 million total viewers in 2017 and 25,000 streamers on Twitch alone](#). Other popular livestreams include: musical performances by acts both famous and not; news and interviews from both professional and amateur sources; sports events; and even people who record their daily lives for avid fans.

A common element of all livestreams is that they are interactive. During a livestream, the audience can comment and the host can respond. And, of course, livestreams can get "liked" -- or not -- by friends. Some livestreaming platforms allow viewers to send the host money, gifts, and other expressions of appreciation.

Is livestreaming safe for kids?

It really depends. Because it's live, anything can happen. There's bad language, hate speech, sex, violence, and even physical harm. People who do livestreams for a large audience have every incentive to make their content as attention-getting as possible to stand out from the crowd and gain more followers. Some livestream apps such as [BigO Live](#) allow livestreamers to receive money from their viewers, which can encourage the host to perform ever-more-outrageous scenes to satisfy their audience. Livestreamers have been known to record [outrageous and risky stunts](#) where the participants get hurt or even killed.

While there are definitely risks to watching this kind of age-inappropriate content, it's also risky for kids who are interested in doing livestreams themselves. The combination of inexperience and the quest for internet fame could lead kids to create situations that put themselves and others in danger or expose things that should be private. While some apps delete videos after 24 hours, some keep them up forever -- and they can also be recorded by other users -- so something that seemed fun and harmless in the moment could haunt your kid for a long time.

Common Sense Media is an independent nonprofit organization offering unbiased ratings and trusted advice to help families make smart media and technology choices. Check out our ratings and recommendations at www.commonsensemedia.org

IMMERGING OURSELVES • From Page 1



Dr. Al Mijares
Superintendent
Orange County
Dept. of
Education

Author Richard Louv, who has written extensively on this subject, points to an emerging body of evidence connecting nature to greater physical and emotional health. By contrast, disengagement from the natural environment results in what Louv terms "nature-deficit disorder," which, he says, correlates with attention difficulties, greater rates of physical and emotional illness, and reduced use of our senses.

Louv isn't alone. A number of writers, psychologists and academics have produced volumes quantifying the benefits of direct exposure to nature. At the same time, studies continue to show we're spending less time outdoors and more time with electronic screens, which do little to stoke happiness or well-being.

Access is part of our challenge. Census data shows that more than 80 percent of Americans live in urban areas, some of which lack parks or open space. And while more children are participating in organized sports, fewer kids are experiencing the outdoors through unstructured play, according to Louv, who blames a perceived lack of time, as well as concerns about safety.

In 2004, Rhonda L. Clements, professor of education at Manhattanville College in New York State, conducted a survey of 830 mothers nationwide. While 71 percent of them reported playing outdoors as children, only 26 percent said their kids did the same on a daily basis. Interestingly enough, the results showed little differences between rural and urban settings.

With supercharged academic standards and a greater focus on the STEM subjects of science, technology, engineering and math, some educators may choose to ignore these trends. But we do so at a tremendous cost given such extensive evidence that nature — in addition to being intertwined with a number of scientific fields — not only sharpens minds but amplifies learning in other subjects.

Indeed, a recent study of children ages 9 and 10 revealed that hands-on lessons in nature produce students who are more engaged in their other academic studies. Moreover, a duo from UC Berkeley points to more than 100 studies that demonstrate how exposure to nature can have positive impacts on thought processes, as well as our physical and mental health.

This is why environmental education programs like OCDE's Inside the Outdoors are so vital.

Since 1974, Inside the Outdoors has been nurturing student knowledge and stewardship of the natural environment with highly qualified staff and 15 field trip locations throughout Orange County and Los Angeles counties. Lessons are aligned with the state's instructional standards, and for classes that can't venture out, the program dispatches Traveling Scientists to schools, often accompanied by wildlife.

Inside the Outdoors logs more than 150,000 hours of environmental STEM learning each year and has served some 3.5 million students to date. Suffice to say, many of these students might not otherwise have these experiences.

In April, about 100 teachers, school administrators and experts gathered in Orange County to discuss how outdoor and environmental learning experiences can be used to help develop a well-rounded curriculum. Jointly organized by OCDE, Inside the Outdoors and the state Department of Education, the symposium also offered educators a preview of how environmental literacy is being incorporated into the state's Next Generation Science Standards.

Richard Louv was also in attendance as the event's keynote speaker. The renowned author told the audience that "Every teacher who connects students to nature is doing sacred work."

It is that and more. Teaching students about nature and immersing them in the natural environment is both transformative and enduring, producing benefits to our bodies and minds that we are only beginning to understand. Even as we prepare young women and men for an increasingly digitized world, we must continue to create opportunities to recharge their minds and spirits in the great outdoors.

As a child, my family didn't take lavish vacations. But I am fortunate that we could occasionally escape the urbanized confines of Los Angeles to experience a larger world that asked as many questions as it answered, and today these trips are among my most cherished childhood memories.

Years later, I see how they prepared me for life as an educator, as well as for trips with my own sons, who similarly had moments to gaze up at the countless stars and wonder.