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February–March 2021



**Lowell Principal, Dow Lawson, and Long Beach Firefighters at Lowell's "Spark of Love" Toy Drive and Car Parade.**  
(please see Lowell Bayside Elementary page 22)



**Cadet Adam W. presents Mayor Todd Rogers with the Lakewood City 9/11 Memorial Flag.**  
(please see Lakewood High School page 21)

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**Kay Coop**  
Founder/Publisher



Happy New Year! It is often difficult to consider this a happy new year as we continue to live with the challenges of this pandemic. However, when you read the articles in this issue you will see there is lots to be happy about — educators are innovators.

In this issue you will read about teachers keeping students engaged, motivated, and creative in a virtual setting. Laura Doud, City Auditor, has a timely message on page 4 about prioritizing objectives. Don't miss Carol and Kelly Sloan's article on Encouraging Healthy Eating Habits on page 32.

This is our 22nd year publishing the LBUSD *School News*. We have converted all of our publications to digital and the response has been excellent. Thank you for being loyal readers and supporters of public education.

Be sure to enter our word search contest on page 30 where you will find two student book reviews. If your child is an avid reader and would like to be a student guest columnist review favorite books, please email me for specifics.

...it is a Happy New Year!

Our next issue is April 14, 2021.



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**Edward H.J. Wilson**  
*Mayor*

## Happy New Year!

As 2021 begins, we continue to feel the impacts of COVID-19. It's normal to be afraid, anxious, and emotional during these difficult times. We all are adapting to our new environment. I encourage everyone to take care of one another, and to be kind despite our fears and challenges.

Did you know that supporting others can be a stress reliever? Phone calls or video chats can help you feel socially connected,

less lonely, or isolated. Check in on neighbors. Particularly those who are elderly or at-risk. Make sure to do so safely. Leave a note to see if they need anything. If able, give blood. Red Cross and other organizations have safe ways for you to donate. You can also help by donating to local fundraisers, like the Signal Hill Community Foundation's COVID-19 Relief Fund or the United Way of Los Angeles.

Students I have spoken with are eager to go back to school. However, the traditional classroom has been upended by the pandemic. Be kind to the teachers, they are doing their best during these unprecedented times. It will take our collective effort to get through this!

You can help others by staying calm and informed. Only share information from credible sources. The City of Signal Hill offers trustworthy information on our website and links to other credible sources, including the L.A. County Department of Health. Visit [cityofsignalhill.org/coronavirus](http://cityofsignalhill.org/coronavirus).

Signal Hill is here to support you the students and parents with online resources that assist with distance learning. Visit the Signal Hill Public Library online at [cityofsignalhill.org/library](http://cityofsignalhill.org/library) for access. We also offer Curbside Pickup – simply place your items on hold through our website and pick them up safely outside the Library.

Personal protective measures, such as staying home and avoiding gatherings, can be stressful, especially over a long time. Students and young people can be vulnerable to mental distress and loneliness. I encourage students of all ages to take time each day to care for yourself. Spend time with friends safely, with Twitter, Facebook or video chat. Maybe an online gaming or video movie party to maintain the bonds of friendship. Eating healthy and exercising will keep you fit. Set aside time each day for mindfulness. Reading, listening to music, even practicing deep breathing can be helpful.

I wish you a healthy, safe, and productive New Year. Please continue to take care of yourselves and each other.

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**Laura L. Doud**  
*City Auditor*

## First Things First: Big Rocks

I took time at the beginning of 2021 to pause, reflect, and move my rocks. Though you may think I am talking about a new landscape design project, I'm not talking about actual rocks...I'm actually talking about my priorities.

In a striking demonstration, Stephen R. Covey showed us how a paradigm shift can help us prioritize our big objectives while still managing the little things in our lives. In the demonstration Covey took big rocks and labeled them with what many consider values and priorities such as spending time with family and friends, serving others, increasing our faith or spirituality, and setting educational and careers goals. He then took a large, clear glass jar and filled it with pebbles representing the little things in life. These may be things we have to do or want to do, however they are not as crucial to our fulfillment, happiness, or the betterment of our lives and those around us. They include everyday things such as household chores and projects, grocery shopping, answering emails, and watching TV.

Often times we say yes to too many little things which end up filling our to-do lists and calendars. We may see these tasks, activities, or events in the moment as important without really thinking about the value they bring us or the order in which we should do them. And in the same way that the pebbles filled Covey's jar not leaving enough room for the big rocks, these little things can fill our lives first, not leaving enough room for our priority objectives.

So, what's the best way to ensure the big rocks fit too? Prioritize them. Put the big rocks in first and then add the pebbles. As the new year approached, and especially after last year which brought so many challenges, uncertainties, and lessons, I really thought about my big rocks - the ones that bring fulfillment, meaning, and purpose. I got very clear about the top tasks, projects, and goals that I would like to accomplish.

It's not always easy. As Covey advises, "You have to decide what your highest priorities are and have the courage—pleasantly, smilingly, nonapologetically, to say "no" to other things. And the way you do that is by having a bigger 'yes' burning inside."

Now when making decisions I am more mindful and will ask myself, "Is this related to a big rock?" If it is, I prioritize it. You may find, like me, everything else will fall into place and fit in the jar, we just have to put the big rocks first.

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

# City of Long Beach, City Prosecutor



**Douglas P. Haubert**  
City Prosecutor

## Homeless Strategies Needed

Last year I wrote about the surge in homelessness and how the City and LBUSD provide resources for homeless students.

Then came COVID, the global pandemic which, understandably, as the single-greatest public health crisis of our generation, quickly eclipsed all other issues and problems, including homelessness. At some point, however, COVID will subside, and homelessness will resurface as a pressing issue at the state and local level.

Focusing resources on homeless families must be a priority of ours if we are going to disrupt the cycle of generational poverty. Unfortunately, homelessness has become worse during the COVID crisis.

The next time you see a large encampment, think of this: kids probably live there. In fact, the U.S. Department of Housing and Urban Development found in 2018 that children comprised 1 in 5 of every homeless person in America.

Long Beach does much to combat homelessness, from its Multi-Service Center where service providers are co-located, to the Priority Access Diversion (PAD) program developed by the City Prosecutor's Office. PAD diverts homeless people out of jail and into live-in treatment programs.

Not all homeless adults suffer from drug addiction and/or mental illness, but many of them do, especially those who have lived on the streets for long durations. Not all homeless adults are criminals, but some engage in petty crimes on a daily basis to secure food or drugs.

In California, it is impossible to meaningfully reduce homelessness without addressing drug addiction and mental illness. Unfortunately, those who suffer the most from addiction and mental disease are the least likely to accept treatment.

As a prosecutor, I have made homelessness a priority by creating the PAD program. Now, chronically homeless persons diagnosed with mental illness and substance abuse disorders are offered residential treatment as an alternative to jail. These are health conditions that must be addressed by treatment, not incarceration.

My office hired experienced social workers to help run the PAD program to ensure successful results. In its first year over 80% of people in PAD successfully completed at least 60 days in residential treatment.

A common response from some is that homeless is not our problem. Often, homeless people are released back to the streets before treatment can even be offered.

The consequences are often deadly. In San Francisco, where homelessness has surged in recent years, a record 621 people died of drug overdoses last year, far more than the 173 who died from COVID. Overdose deaths in San Francisco have increase more than 240% in just 3 years.

In California, we need to do better. It will take a lot of resources and changes to how criminal cases are currently handled, but PAD is a promising strategy that could help reduce homelessness as well as crime.

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**Jeffrey A.  
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## Budget Makeover for 2021

2020 left us with many unexpected setbacks and changed the way we think about money. During uncertain times, the last thing you want to worry about are your finances. Re-evaluating your budget and setting aside an emergency savings is a great way to prepare you for financial wellness in 2021.

Most critical is ensuring that you can cover all your essential bills. The next step is to evaluate which expenses you can lower or eliminate altogether. Are you ordering take-out every day? Make it a goal to only order once or twice a week. Did you realize you were paying for five different streaming services, but were only using two? Cancel the ones you aren't using.

By paring down expenses, you will be able to set aside that extra money as a start to your emergency savings. Automate a monthly withdrawal from your checking account to a savings account and you won't even miss that money you are saving.

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## The Effects of COVID-19 on Tiny Hearts



**Saar Danon, M.D.**,  
medical director,  
Pediatric Cardiology  
and Congenital  
Cardiac  
Catheterization,  
MemorialCare  
Miller Children's &  
Women's Hospital  
Long Beach

Although COVID-19 does not impact children as much as adults, there are some risks. Researchers have learned that children who have been infected with COVID-19 can later experience cardiac effects due to Multisystem Inflammatory Syndrome (MIS-C), which can occur weeks after exposure to COVID-19, and in some cases without symptoms during the initial infection. MIS-C is a condition where multiple organ systems become inflamed, including the heart, which can cause damage to heart's cells. This predominantly occurs in children younger than 14 but has been seen in up to 20 years of age.

Symptoms of MIS-C may include:

- Fever
- Rash
- Bloodshot eyes
- Fatigue
- Abdominal pain, vomiting or diarrhea

MIS-C is rare, and most children eventually get better with proper diagnosis and treatment.

If you suspect your child has MIS-C, seek medical attention so your child's doctor can order the appropriate studies to identify inflammation in his or her body. It is especially important to rule out cardiac inflammation by performing appropriate lab work, an electrocardiograph and/or an echocardiogram. Should MIS-C be diagnosed or suspected, your child's care team will treat it appropriately to help avoid or reduce any long-term effects. It is important that this includes specialized, pediatric cardiac care.

The Children's Heart Institute at MemorialCare Miller Children's & Women's Hospital Long Beach includes a comprehensive care team that can diagnose and treat virtually any heart condition for children of all ages, including the effects of MIS-C.

Learn more about the Children's Heart Institute at [millerchildrens.org/EliteHearts](http://millerchildrens.org/EliteHearts).

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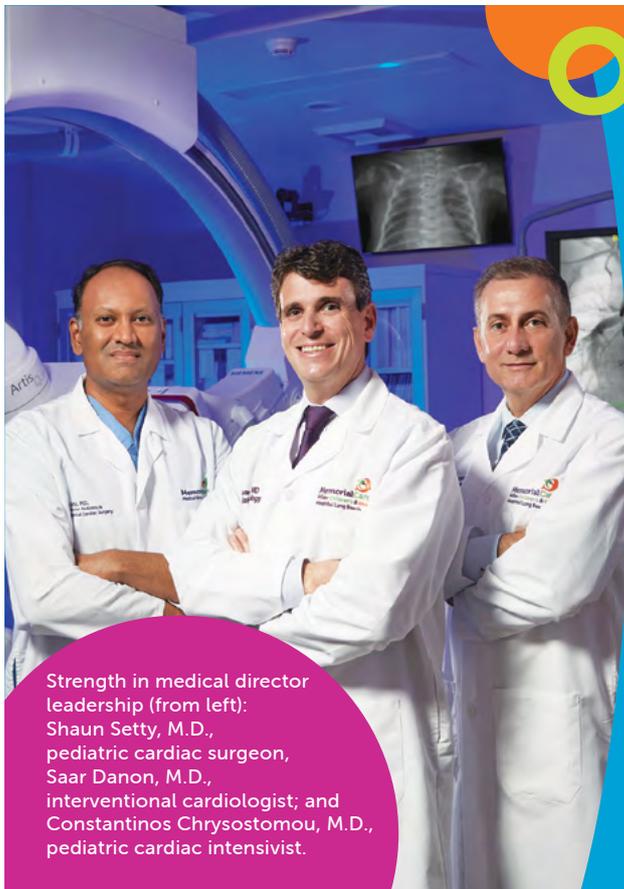
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Strength in medical director leadership (from left):  
Shaun Setty, M.D.,  
pediatric cardiac surgeon,  
Saar Danon, M.D.,  
interventional cardiologist; and  
Constantinos Chrysostomou, M.D.,  
pediatric cardiac intensivist.

# Assistance League® of Long Beach

## Committed to Persistence in the Mission to Transform Lives

By Char Hart, Marketing Chairwoman

Philanthropic programs run by Assistance League of Long Beach depend on in-person interactions and community presence, but modifications to historical norms proved that Long Beach would get the benefit of this organization's efforts even at a distance.

ALLB members continue to lead in raising funds, creating solutions, and helping families. Using Zoom, partnering with small businesses, and re-imagining events - in the pandemic way - the membership persists in pursuit of its vision to meet essential needs in the community and help families flourish.



**Chef (and President-elect) Shelly Barbre taught cooking classes as a fundraiser conceived with Special Events Chair Judy Anderson with technical support from Assistant Daisy Ramirez.**

Working to keep the organization strong and impactful, member volunteers developed procedures to continue providing service. The past few months included many activities impacting families in the Long Beach area as this sample, just from December, shows.

- The ALa Carte "Holiday Sleigh" made a big delivery of books, magazines, art supplies, comic books, and more to the Child Life Department of Miller Children's Hospital for distribution to patients who were hospitalized over the holidays.
- Members of the Las Hermanas Auxiliary donated nearly \$3,000 in Target and Walmart gift cards for distribution to Interval House and WomenShelter® to accompany the usual donation of hygiene kits.
- On average, 43 patients visited the Earl B. & Loraine H. Miller Orthodontic Pavilion each day for orthodontic treatment. The office has helped patients continuously since June with COVID-19 protocols in place.
- CAMEO mentoring program members and students bought and delivered gifts for the children of the Long Beach Day Nursery.
- The Assisteens® Auxiliary gifted families at Ronald McDonald House an array of toys and games and sent comfort items selected for local veterans to the U.S. VETS-Long Beach organization. Assisteens also gave holiday cards and handmade special-occasion posters to patients, families, and staff at Miller Children's & Women's Hospital and recorded New Year's greetings to share with residents at Valley View Gardens and Atlantic Memorial Healthcare Center.
- Operation School Bell, the flagship program of Assistance League, delivered donated food to Muse Academy whose students are in the foster care system.

Follow ALLB on [Facebook](https://www.facebook.com/assistanceleaguelongbeach) at facebook.com/assistanceleaguelongbeach for updates and images.



**Harbor Dental Society Foundation turned to ALLB to help store and host a drive-by pick up for a truckload of donated dental supplies. Joining Kristin Avina and Janet Garcia for distribution are Rick Rackers Stacy Bryant and Staci Keller.**

# The Literacy Project

## The Literacy Project Pivots To Remote Offer Learning

By Sue Grant, Founder / Volunteer CEO

When COVID-19 shifted the education system to online and hybrid formats, the need for supplemental instruction was made more crucial than ever. This education crisis has caused unforeseeable struggles for all students and especially those who are already challenged by learning disabilities, low-income families, and disadvantaged communities.

With this in mind, The Literacy Project had to quickly pivot its foundational reading program “The New Phonics Game™” for online, hybrid, and in-person learning in conduct with COVID-19. Initially this learning tool was practiced like a board game either during or after school hours by second graders in Title 1 schools. With students in now remote learning, The Literacy Project had to convert the program to digital while retaining its engaging and educational learning functions.

Master Teachers and administrators went right to work on an online program with the same key components as the physical game. The program created is socially interactive, encourages collaborative learning, and fosters friendly competition and fun. This pivot allowed The Literacy Project to continue supporting students across California, Utah and Arizona with the reading tools needed to succeed.



Proudly, The Literacy Project was able to quickly adapt thanks to support from donors and supporters who also recognized the need for supplemental instruction would be more crucial than ever. This support enables the agency to continue to

provide the program to schools at “no cost.” Over 10,000 students have significantly improved their reading skills at an average of three-fourths of a grade level within the 30-hour program and 86% experienced an increase in self-confidence towards reading.

The Literacy Project is a 501(C)(3) nonprofit organization founded in Newport Beach, California in 2009. The mission of the organization is to improve literacy rates of second graders in Title 1 schools during the most critical year in forming functional reading skills. TLP’s vision is to foster foundational reading skills in at-risk and disadvantaged youth to enable these children to become self-sufficient, productive and contributing members of society. To learn more about The Literacy Project visit <https://www.literacyproj.org/>.

For more information, visit [www.literacyproj.org](http://www.literacyproj.org)

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## Long Beach Unified School District

### Students Bring Hope During Tough Times



**Dr. Jill Baker**  
*Superintendent*

Recent weeks have been difficult for schools and communities everywhere due to the ongoing global coronavirus pandemic and the deeply disturbing events on the national scene, such as the Jan. 6 unrest at our nation's Capitol Building. Long Beach is no exception. It's easy to feel overwhelmingly sad under the circumstances. But for me and my fellow educators, remaining focused on the inspiring work of our students helps to keep us going and to think about the bright future that we still have in the Long Beach Unified School District.

Four of our high school students recently had the opportunity to present proposals to some of our state legislators, including State Secretary Elect Shirley Weber and Assemblymember Patrick O'Donnell, during a recent Student Advisory Board on Legislation (SABLE) conference. Our student participants included Maya Bryson of Wilson High School and Megan Lane of Poly High School, (both of whom also co-chair our Superintendent's Student Advisory Committee), along with Katrina Doyle-Jacobson of Renaissance High School for the Arts, and Kamron Moore of Cabrillo High School, a lead presenter who spoke so eloquently.

SABLE was established in 2000 to bring student voices on education to the California Legislature. This year, 72 high school students representing all grades and regions of California met virtually on January 9 and 10. Together they participated in research and developed seven bill proposals to address issues they determined were of greatest importance: racial equity, mental health, minority representation, post high school preparedness, LGBTQ+ representation, environmental sustainability and sex education. Maya and Megan participated as group members on racial equity, while Katrina and Kamron participated as group members on LGBTQ+ representation, proposing model blueprints to create an inclusive environment for LGBTQ+ students in schools.

The participating state senators and assembly members commended the students for tackling big issues. The lawmakers shared that they would be taking a closer look at all seven proposals, and Senator Connie Leyva commended the students, saying, "You are our future and our future is bright." I couldn't agree more.

Thank you also to Millikan juniors Tru Jones and Aniya Lewis for lending their voices to a very important project. Both student students made us proud as they joined discussions with others in our school district, at Long Beach City College, the Cal State Long Beach College of Education and other community organizations to examine how we can better ensure Black educational equity, exploring possibilities for a grant that CSULB hopes to make.

And congratulations go to Franklin Middle School student Namiah Phillips, who was recently featured at [lbpost.com](http://lbpost.com) for competing on the Food Network's Kids Baking Championship. It's a great story about a wonderful Long Beach Unified student.

Supporting our students, of course, are our amazing staff. Prime examples include our visual and performing arts teachers, who showed tremendous resilience and creativity during the recent holiday season, working with students to create beautiful winter concerts in a virtual setting. Poly students collaborated virtually to record an entire "Happy Polydays" album with the help of dedicated staff such as chorale director Brian Dokko. Across town at Millikan High School, visual and performing arts teacher Drake York helped students to produce an incredible winter concert. He said the virtual project felt like getting a Ph.D. in YouTube. To listen to those student voices was truly uplifting, and I thank our teachers for being creative and learning new things to pull our students together and help them express their talents.

Despite our many challenges, students and staff like these continue to make us #ProudToBeLBUSD.

## LBUSD Board of Education



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### **Persevering After a Year Like No Other**

*By Megan Kerr*

*Vice President, Board of Education District 1*

That past year has been like no other in the history of the Long Beach Unified School District. The global COVID-19 pandemic has changed the lives of our 70,000 students, their families and our employees. Our nation's civil strife, political polarization and ongoing reckoning on race and inequity have deeply affected all of us. Despite these challenges, the dedicated educators and support staff in our school system have worked hard to continue the teaching and learning process as best as possible. This work has included tending, first and foremost, to students' well-being.

At the outset of the pandemic, we prioritized students' basic needs. When we closed our schools to in-person instruction last spring, we immediately set up grab-and-go meal stations for our families who rely upon us for their children's daily nutrition. We have since provided well over a million breakfasts, lunches and suppers to help sustain our students.

We quickly began offering online instruction and provided more than 30,000 Chromebook computers along with thousands of Internet hotspots so that students could access distance learning. Thousands of teachers received training on how to deliver online learning, and how to help meet the social-emotional needs of our children. We used our recently created Family Resource Centers to provide telecounseling and referrals to community resources. Our Parent University offered useful materials at lbschools.net, addressing topics including social-emotional learning and building resilience in children. Thousands of students

participated in online summer learning programs to address learning loss, maintain academic skills, recover credits and prepare for the next semester.

We provided childcare services for essential workers, welcoming our youngest students at Child Development Centers and Head Start programs. As I write this, we are also planning COVID vaccination clinics for our employees with the help of Long Beach Health and Human Services. We're hopeful that the distribution of these vaccines will help to return our community to a situation where we will be able to safely reopen our schools for in-person learning as soon as possible. We want our children back in class with their teachers and their friends because we know there's no substitute for the magic that happens in our classrooms.

Amid all these efforts, we've taken many steps to engage our community on issues of racial equity, establishing numerous forums, including a Superintendent's Student Advisory Committee and an Equity Leadership Team that brings together a diverse group of constituents to advise us on equity policies, and how we can put those policies into practice.

Incredibly, we've done all this as we welcomed new Superintendent Jill Baker. Her predecessor, Chris Steinhauer, retired after 18 years of exemplary service at the helm. We also welcome two new Board of Education members: Doug Otto and Erik Miller, who replaced retiring board members Jon Meyer and Felton Williams. We salute our outgoing board members for their many years of service. We also thank our new board colleagues – and our many community supporters – for helping us move toward a brighter and healthier year ahead.

## Alvarado *Elementary*

1400 E. 20th St., Long Beach, CA 90806 • 562/591-7477  
alvarado-lbusd-ca.schoolloop.com



**Cheryl Huber**  
Principal

### New All-Star Program!

Alvarado has a new All-Star after-school program. This year, our Winners Reaching Amazing Potential (WRAP) will be provided by the Boys and Girls Club of Long Beach.

To lead this terrific team, they have selected our very own Coachie Diana to be the new site director. She eagerly declared that she tried out for this position because she wanted to be more involved, and she is dedicated to making improvements.

“I wanted to implement more fun activities by continuing to think outside the box,” she said. “I’ve always done that over the past four years with my group, and now I will be able to do that for the whole program.”

Eventually, students will be allowed to return to campus. In the meantime, first- through fifth-graders participate virtually on school days from 2:30 to 4:30 p.m. They join a Google Meet that is linked to a WRAP Google Classroom. In addition to providing academic support, the primary focus is on fun and engaging STEAM (science, technology, engineering, art and math) activities.

## Bancroft *Middle School*

5301 Centralia St., Long Beach, CA 90808 • 562/425-7461  
lbbancroft.schoolloop.com



**Maria Pilar Perossio**  
Principal

### Winter Chill

In spite of the relationship barriers that comes with distance learning, Bancroft Middle School has provided platforms for students to feel a part of the Bruin family by hosting virtual dances & school clubs. Before break, our teachers put together a “Winter Chill” where students had options

to participate in a winter craft, showcase their pets in holiday outfits, and dance to their most selected seasonal hits. On Thursday, December 17th, our Umoja club students collaborated with other MSK8 schools to celebrate Kwanzaa. During this Zoom celebration, students learned about this cultural holiday and cultivated their talents in art, dancing, and drumming.



**Celebrating Kwanzaa.**

## Burcham (K-5)

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



**Helen Makridis**  
Principal

### Spreading Kindness and Cheer

This past holiday season, the Burcham Student Council organized a toy and canned food drive to help spread the spirit of kindness to our very own school community.

Typically, our donated cans are given to a local shelter. But due to the pandemic, the students felt that our Burcham community needed a little cheer. Thanks to a generous contribution by a local family-owned grocery warehouse, we were able to collect hundreds of cans this season.

The Student Council helpfully decorated the gift boxes as we filled them with cans and toys to bless a dozen Burcham families. Gift cards continued to pour in as our families hoped to help in any way possible. This is what being a Burcham Bobcat is all about!

As Burcham's principal, I am very proud of our students, and community, for helping spread kindness during this very difficult time. We hope that our random acts of kindness will spark the same desire in those who read this article.



## CAMS

1000 E. Victoria St., Carson, CA 90747 • 310/243-2025  
lbcams.schoolloop.com



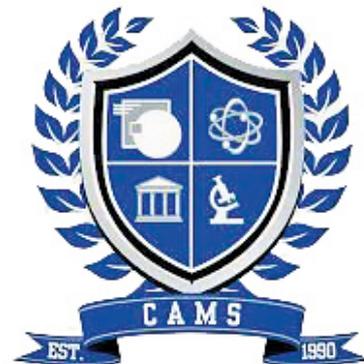
**Cheryl Cornejo**  
Principal

### Doing Our Best

*By Alexander Garcia Takata;  
Grade 9, Yearbook Staff*

CAMS has adapted very well to the lockdowns! Through daily Zoom classes, teachers have been able to continue giving lessons and helping the students learn. ASB and the administration have done their best to make distance-learning as close to in-person school as possible. All of the classes have continued having events and fundraisers throughout the year.

The freshman class, even though they have not met anyone in person, still bonded with their own class and the other classes. One of the biggest events at CAMS, the biannual Spirit Week, was still held this fall. ASB kept the competitive spirit alive through online games and activities. The participants signed up and participated in their event; even the lip sync was still held by each class submitting video submissions.



Yearbook has also been able to continue doing their good work; the staff has done their best to collect pictures, interviews, and stories by contacting students and posting flyers through social media. ASB continues to bring different events to the school. So far, they facilitated elections, games, and dress-up days for all of the classes online.

# Child Development Center

4310 Long Beach Blvd., Suite 200, Long Beach, CA 90807 • 562/422-6868 • [www.lbschools.net/Departments/Child\\_Development/](http://www.lbschools.net/Departments/Child_Development/)



**Cynthia Young**  
Director

## Supporting Our Children

As we start the new year, the Child Development Center (CDC) continues to provide in-person childcare for families throughout the city of Long Beach. While our school-age students participate in distance learning during their

time with us, teachers are providing a positive environment for each child to feel intellectually and emotionally safe and supported. Our classrooms follow a structured schedule, which includes time for online learning in the classroom, developing social skills with their peers, art, science and physical fitness activities.

The health and wellbeing of our families and staff are our highest priorities during this unprecedented time. In the interest of limiting the opportunity for transmission of COVID to our children, families, and community, we are taking precautionary measures at all of our sites. CDC is continually updating protocols in accordance



with the most recent Centers for Disease Control and Prevention and local health department guidelines. We are maintaining small group sizes, practicing social distancing, and educating our students and staff on proper hygiene skills. Face coverings are worn by all staff and students, and frequent cleaning and disinfecting of high-touch areas and toys has been implemented in our daily schedules.

We continue to enroll families for this school year and for 2021–2022. The CDC

staff has been working alongside principals and classroom teachers to implement changes this school year regarding enrollment and upcoming events. We are all anxious to fill our classrooms with returning and new students.

We look forward to a great year supporting you and your children during the upcoming months.

**CITY OF LONG BEACH**  
**PARKS, RECREATION AND MARINE**

# YOUTH LEARNING HUB

**Monday - Friday, 7:30 a.m. - 5 p.m.**

Free safe space for kids enrolled in LBUSD K-8 to attend  
Distance Learning. After school activities following safety protocols.  
Must bring own device and lunch.

**FREE HIGH SPEED INTERNET ACCESS FOR ONLINE LEARNING**

## LOCATIONS

Houghton Park, 6301 Myrtle Ave, (562) 570-1640 • Veterans Park, 101 E. 28th St., (562) 570-1695  
McBride Park, 1550 MLK Jr. Ave. (562) 570-1605 • Orizaba Park, 2937 E. 14th St., (562) 570-1427

Please call park location for more information.

**Space is limited • Visit [LBParks.org](http://LBParks.org)**

## Carver *Elementary*

5335 E. Pavo St., Long Beach, CA 90808 • 562/420-2697  
 carver-lbusd-ca.schoolloop.com



**Matthew Monaghan**  
Principal

### Free Meals for Students

*By Erin Richey, Kindergarten Teacher*

Calling all Carver families! Did you know that Carver, like most LBUSD school sites, provides free meals for all children ages 1 to 18? Did you also know that when you come to Carver to get your meals, you will meet the friendliest cafeteria workers in town? Come on down and meet Ms. Eva and Mr. Billy. These two always have smiles on their faces, and they work hard every day to get those meals ready for you.

You can stop by Carver on Monday, Wednesday or Friday between 11:00 A.M. and 1:00 P.M. for meal pick-up. Ms. Eva and Mr. Billy look forward to seeing you soon!



## Emerson *Parkside Academy*

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



**Beverly Moutet**  
Principal

### Community at Heart

As we begin second semester of distance learning, it's clear that Emerson's community of teachers, scholars, and families have

learned to do school differently. What has not changed, however, is that community is still at the heart of all we do. Teachers begin each class by checking how their students are feeling, they've provided materials for art projects, and delivered supplies to students' homes.

**Introducing... STUDENT COUNCIL**

<b>President</b> Aubrey	<b>Vice-President</b> Gwen	<b>Treasurer</b> Mia	<b>Secretary</b> Gianna	<b>Speaker</b> Vincent
<b>3rd Grade Representatives</b>	<b>4th Grade Representatives</b>	<b>5th Grade Representatives</b>		
<ul style="list-style-type: none"> <li>Abby P</li> <li>Aidan M</li> <li>Andi R</li> <li>Ava N</li> <li>Julianne V</li> </ul>	<ul style="list-style-type: none"> <li>Amelia D</li> <li>Anna S</li> <li>Avianna E</li> </ul>	<ul style="list-style-type: none"> <li>Marcel B</li> <li>Vanessa R</li> <li>Brandon W</li> <li>Logan H</li> </ul>		



Students have learned to collaborate in breakout rooms, campaigned for student council, and came together for virtual assemblies, including a performance by the Long Beach Opera. And families have donated goods for the unhoused, participated in family fun nights, and found ways to volunteer in their children's virtual classrooms. While we all look forward to the day we can be together in person, we can take comfort in knowing that although the building is closed, community is alive and well at Emerson Parkside Academy.

## Cleveland *Elementary*

4760 Hackett St., Lakewood, CA 90713 • 562/420-7552  
cleveland-lbusd-ca.schoolloop.com



### All About Character

By Amy Williams, School Counselor

Each month, I join the Zoom classrooms and present a mini-lesson on the character trait that is the theme for the month. Some of the themes I have covered since October have been responsibility, organization, perseverance and this month, kindness. With our younger learners, I present a lesson by reading aloud a book that focuses on the

theme, with a follow-up discussion. Our older learners participate in a discussion around the theme, sharing out ideas on a graphic organizer.

**Kimberly San Jose**  
Principal

In the read-alouds shared with classes, students have learned how Little Llama stays organized in *Llama, Llama Mess, Mess, Mess*, and in the storybook *How to Catch a Snowman*, students learned how a snowman avoided being caught by children, ending with giving the children a surprise for their perseverance. Each story teaches students about a character trait that can be practiced at school and during distance learning at home.

These lessons have brought me so much joy in a way to connect with students while being at home and away from school and have highlighted important character traits children need to be taught.

## Franklin *Classical Middle School*

540 Cerritos Ave., Long Beach, CA 90802 • 562/435-4952  
lbfranklin.schoolloop.com



### Many Elective Choices

Franklin students have a large number of electives to choose from, including instrumental music, art, drama, global classroom, journalism, debate, and Leadership Academy. The two featured electives today are Marine Biology and Robotics/Pre-Engineering.

In Marine Biology, students learn the seven Ocean Literacy Principles, including the way the one ocean shapes the Earth, influences the weather and climate, makes Earth habitable, supports a

**Wendy Sowinski**  
Principal

diverse ecosystem, how humans are linked to the ocean, and that the ocean is still largely unexplored. Students have also had the option of dissecting a fish and squid.

Robotics/Pre-Engineering focused on computer coding and 3D modeling for the first semester. Before Winter Break, students were given the opportunity to model something in 3D and have it printed, then picked them up from campus. Students are now focusing on the engineering and design process, and completing hands-on projects at home. They will also be exploring careers in the robotics and engineering field.

## Grant *Elementary*

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



### Essential Workers Behind the Scenes

By Donna Robertson, Assistant Principal

The constant buzzing at the door, the nonstop phone ringing and the chatter on the radio are daily reminders that school is in session. Our school in 2020 looks different and sounds different as we are missing the voices of our young scholars during this pandemic, but we, are still here.

As an essential worker I show up every day, participate in Zoom meetings, observe instruction virtually and do community outreach from my office. As

**Veronica Madrigal**  
Principal

I work, I see and hear the endless cleaning, sanitizing, spraying, and restroom checks by our custodians. I observe our front office workers interacting with the public to support Chromebook and Hotspot concerns as well as enrollment.

I have the deepest gratitude and appreciation for our essential workers that are behind the scenes and often go unnoticed but play a critical role in keeping our schools running and keeping us safe while conducting business as usual.

To them I say, we see you, we hear you, we appreciate you and are so grateful for the day-to-day service and work you provide for our school at this time.

## Hamilton *Middle School*

1060 E. 70th St., Long Beach, CA 90805 • 562/602-0302  
lbhamilton.schoollloop.com



**Jorge Montanez**  
*Principal*

### Family Support Tech Center

In the fall 2020, Hamilton Middle School established its family support tech center. As a community, we were faced with the challenge to ensure that each of our students and families had access to internet service, a tangible device, and the authentication of the learning management system (CANVAS) during this time of distance learning. As a result, families and students of the Hamilton community may visit the tech center M-F from 9-12:50 for the purpose of troubleshooting any tech concerns. We have ensured social distancing, as safety is always a priority. The feedback from the Hamilton



#ProudtobeLBUSD

# Student & Family Tech Support

Daily Walk-Ups 9:00 am-12:00 pm  
In-front of the Cafeteria

community continues to be positive and there is a sense of togetherness that continues to foster from this support.

## Harte *Elementary*

1671 E. Phillips St., Long Beach, CA 90805 • 562/428-0333  
harte-lbusd-ca.schoollloop.com



**Lisa Worsham**  
*Principal*

### Recognizing Students

*By Ruthie Preston,  
Counselor*

At Harte Elementary, we continue to acknowledge and celebrate students who achieve and make growth in a variety of different ways during our current virtual environment through Perfect Attendance and Student of the Month. On a monthly basis, we recognize students that exemplify perfect attendance. These students show up on Zoom every day, participate in discussions, complete their online work, and have their cameras on.

Harte staff also takes pride in recognizing students who have demonstrated leadership in helping others, excel in schoolwork, are punctual, demonstrate a great attitude, and who show GREAT improvement in any of these areas. Students are awarded with certificates and are featured in our monthly newsletter and on the School Website.

Go Bulldogs!



# Henry (K-5) Dual Immersion School

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

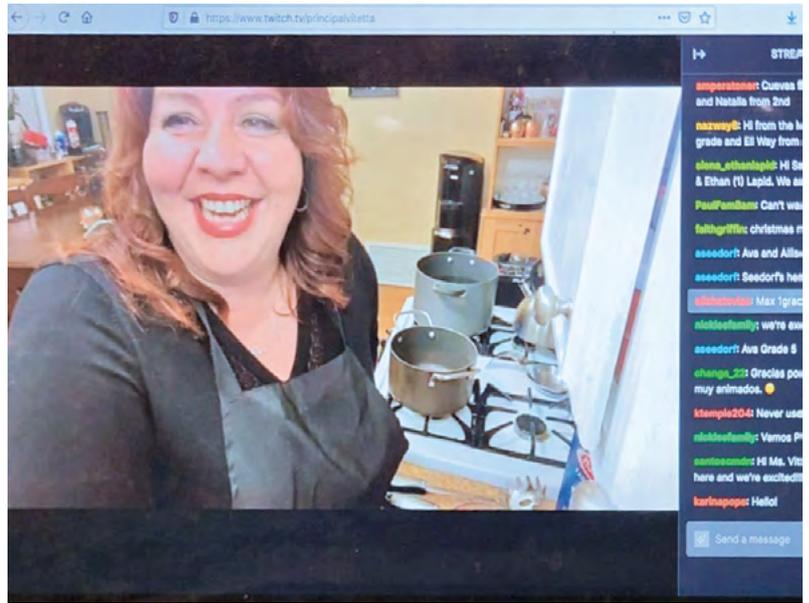


**Rose Vitetta**  
Principal

## Cooking Together

Cooking with kids is wonderfully fun & rewarding whether you bake a dessert, make a fun snack or collaborate on dinner. Kids LOVE to measure & mix, pour & decorate. Yes, it can be messy sometimes and the finished item may not always look quite as it would if you had cooked it yourself, but you are

building memories alongside skills. Well, Principal Vitetta took this experience online with Henry's Patriots cooking together a traditional, family recipe with about 100 families and taught them step by step how to cook MAMA ADILIS "PASTA CON TUCO". This night allowed for families to come together, learn something new & enjoy dinner. Please visit: [Cooking with Principal Vitetta](#) for more info.



## Herrera Elementary

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



**Claire Alvarez**  
Principal

## Zoom Garden Learning

*By Victor, Student – 3rd Grade*

Our school garden has gone virtual! At Herrera Elementary School, students continue to learn science standards by visiting the school garden during virtual lessons. The ground education teachers lead virtual

demonstrations to show students how plants thrive in different conditions. Here's what our third-graders learned this month:

Last week, our class learned many new things. I'm going to tell you some things that I didn't know. One thing is that seeds can be moved to different places by animals, air, water, dung, and people. Also, we learned about the California poppy, which explodes pods onto the ground. We saw that some pods fell into another plant, and it became a beautiful flower. We also learned that plants can grow in

different places. I saw that in our garden a broccoli grew in the sidewalk! Finally, I learned that angiosperm seeds are produced in a hard or fleshy structure called a fruit that encloses the seeds for protection in order to secure healthy growth.



**Ground Educator Holland Brown conducts a Garden Class at Herrera, February 2019.**

## Hughes *Middle School*

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



**Troy Bennett**  
*Principal*

### Learning in a Virtual Setting

*By Rita Aslan, Assistant Principal*

The year 2020 will be memorable to all of us for many reasons—some good, some bad, some we'd rather not recall at all! For Hughes Middle School, while it presented many new challenges, we opted to turn those challenges into opportunities from which to learn and grow.

Our Hughes students, families, teachers, and support staff have taken on this challenging year and risen to new heights in their commitment to the continued academic success of all our learners. As a community, we have learned to access and use Canvas--the new Learning Management System, adjusted to attending classes

virtually via Zoom, and continued to social distance and protect ourselves, and all those about whom we care, by wearing masks and other forms of PPE. We continue to find new ways to connect with students and keep them engaged and learning. Our students are learning to become self-advocating writers as they reach out to teachers through emails not only for help with assignment, but to connect and say hello.

As this school year continues, we look forward to serving our Hughes students and community just as we have always done. Please continue to stay safe and take care of one another. We will continue to work together to provide our students with the best possible education and resources. We look forward to the opportunities 2021 presents.

## Jordan *High School*

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



**Kaisha Irving**  
*Principal*

### Connecting with Students via "Panther Pop-Ups"

The Jordan mascots, David and Starr, are popping up everywhere! They have been spotted helping with our Thanksgiving food distribution and

surprising students with "Panther Pop-Ups" every Friday afternoon!

During this time of distance learning, there is a huge void on campus - our students! Nothing can replace everyone here in person, however, until we can do that safely, the Jordan mascots continue to build the J-Town culture by visiting students at their home - spreading the Uptown joy. This is their way of telling our students, we are thinking of them, missing them, and counting the days until we can welcome them back on campus.

Watch our Instagram for the next Panther Pop-Up!



## King Elementary

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



**Osvaldo Ocampo**  
Principal

### The Joy of Giving

Special shout out to Officer Yarbrough from South LA CHP for his generous donations to our King community during the holiday season. With us living in a time with so much uncertainty, it felt good to be able to put a smile on so many faces. Because of their donations, we were able to provide over 100 toys to so many of our King families. It was so exciting to see their little faces light up with excitement at the joy of receiving a special toy for Christmas.

We appreciate all the work put in collecting these toys throughout the year. We are grateful they were able to bring the Christmas spirit to our King families.



## Lafayette Elementary

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



**David Komatz**  
Principal

### "Cross-Country Zooming"

By Nancy Jo Rettig, Counselor

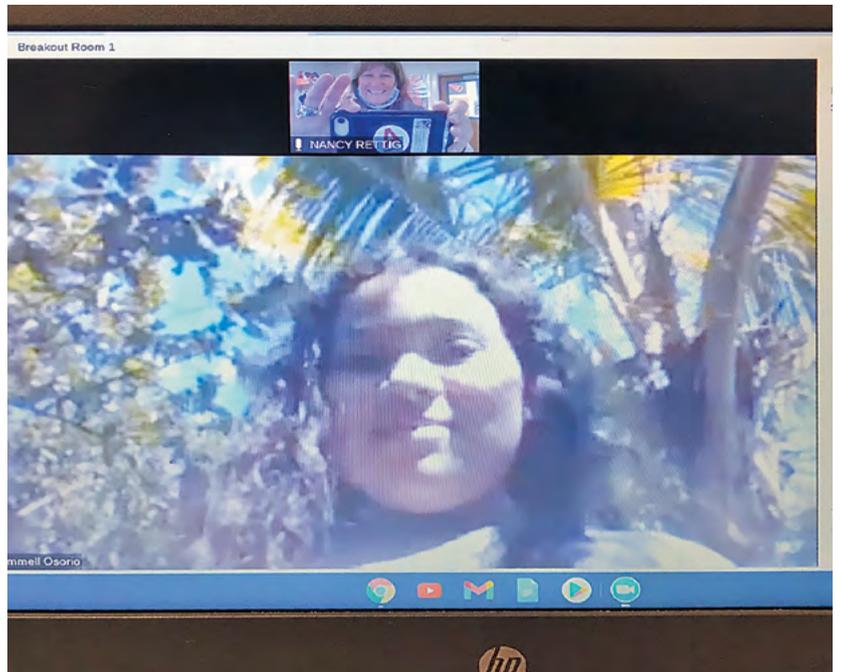
Meet Kimmel Ororio; 4th grade scholar, Ms. Rafael's class.

Although resembling a sunbather on Mother's Beach, this screenshot was taken from her family's home in Honduras.

Kimmel explained that her family longed for togetherness at Christmas, thereby flying to Central America for the holidays. When asked how many loved ones are together, she gleefully responded, "I don't know. There are too many to count!"

This tally did NOT include the chickens and roosters, audibly heard "Er-er-er!" -ing interrupting her interview. With rolled eyes she added, "Ugh. They wake me up at 5 AM every morning!" Then added, " Kids here do distance-learning but Covid is not bad. But I really miss my Long Beach friends."

We miss her too.



## Lakewood High School

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



**Mona Mero**  
Principal

### Cyber Patriot Team

Lakewood NJROTC Cadets continue to compete against other schools and provide service despite COVID-19. While most school teams and clubs have been severely hampered or curtailed the Lakewood High NJROTC Academic and CyberPatriot

Teams have been competing against other schools since the beginning of this semester. Promoting the Lancer Nation, more than two dozen Cadets, of all grades have taken part in nine online competitions so far this year. Lakewood has held its own, winning medals and also making the semi-finals of the Troy HS Brain Brawl.

Lakewood's Cyber Patriot teams take part in a national cyber security competition. Cadets manage virtual computer systems, stopping cyber attacks, fixing vulnerabilities, and optimizing systems. They compete from home using

computers and consulting with each other via zoom during the competition.

Other Lakewood Cadets, two sets of siblings, participated as honor guards for the 9/11 remembrance for the City of Lakewood.



**Cadet Adam W. presents Mayor Todd Rogers with the Lakewood City 9/11 Memorial Flag.**

## Long Beach Learning Center

3701 E. Willow Ave., Long Beach, CA 90815 • 562/426-6846  
ilp-lbusd-ca.schoolloop.com / [reid.lbusd.ca.schoolloop.com](http://reid.lbusd.ca.schoolloop.com)



**Dr. Jeffrey Cornejo**  
Principal

### 'No Mountain High Enough'

We miss our students! The faculty and staff at LBLC look forward to the time we get to see our students' faces and interact with them in person every day.

We have been having school online for the past seven months; however, as we think of a great description of our efforts to connect with our students, the famous song by Marvin Gaye titled "Ain't No Mountain High Enough" comes to mind. Our faculty and staff have been relentless in reaching out to families and students to provide support, to let them know that we miss them when they are absent for online instruction, and to bring them awards, books and gift cards. There truly is no

mountain high enough to keep us from connecting with our students!

Our students are experiencing school during a situation that has not occurred for one hundred years. This pandemic has taken its toll on our students and their families, and it is our pressing desire to meet their needs instead of pointing out any deficits in their school performance. Of all the hard work that our faculty and staff have tirelessly done, we want to especially acknowledge our office staff members Maricela Enriquez and Michael Anderson. Ms. Enriquez and Mr. Anderson have made countless calls and home visits to encourage our students to attend online classes, and we stand on the highest mountain to say that we appreciate them.

Happy New Year!

## Lindsey Academy (6-8)

5075 Daisy Ave., Long Beach, CA 90805 • 562/423-6451  
lb.lindsey.schoolloop.com



**Renny Chu**  
Principal

### Published Poet Visits Lindsey Creative Writing Class

*By Nanette Gerdtz, Teacher*

Last December, poet Reggie Scott Young paid a virtual visit to the students in my Creative Writing Elective. Mr. Young is a scholar and writer who most recently served as Professor of Creative Writing at the University of Louisiana.

The visit came about thanks to a High School Pathway grant introducing NEPRIS to the Lindsey staff. NEPRIS brings industry professionals to the classroom so that students can experience with real world relevance.

## Long Beach School for Adults

3701 E. Willow Ave., Long Beach, CA 90815 / 2153 W. Hill St., Long Beach, CA 90810  
562/595-8893 • www.lbschools.net/LBSA



**Debbie Broadway**  
Administrator

### Students learn English and Tech Skills

Our ESL teachers are not just helping students conquer the English language this school year, but also helping students conquer the digital literacy divide! Many of our ESL students lack computers at home, have limited or no computer skills, and need to learn basic computer vocabulary. Our ESL team has worked hard to embed digital literacy skills into their lessons. Students needing extra assistance make appointments to receive one-on-one technology tutoring in our offices. We have also added two technology-focused units to our curriculum this school year. Online Communication was taught in the fall and Online Security will be included this spring semester. Our hope is that our students take their newly acquired technology skills beyond the classroom and into their homes, where they might help their children, and into the workplace where they will be better equipped for 21st-century employment.

## Lowell Bayside Elementary

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



**Lester Lawson IV**  
Principal

### Flaming the "Spark of Love"

*By Cassie Ward, K Teacher*

Lowell Elementary School wrapped up 2020 with a Covid-safe event combining community spirit and philanthropy. In partnership with the

Long Beach Fire Department, school staff hosted a drive-through car parade intended to make spirits bright throughout our city. All Lowell families were invited to decorate their cars, sport holiday attire, and parade around campus to cheerful holiday melodies. Long Beach Firefighters, donning masks and gloves, collected more than 400 unwrapped toys and gifts from Lowell families to be distributed to children in need. Then, students and parents continued down the parade route to smile, wave, and cheer along with Lowell teachers and staff, also socially distanced, masked, and festively dressed. Despite the challenges of 2020, there is much to be grateful for at



**Lowell Principal, Dow Lawson, and Long Beach Firefighters at Lowell's "Spark of Love" Toy Drive and Car Parade**

Lowell Elementary; community spirit, compassion, and generosity abound. We wish everyone in the City of Long Beach good health and hope in 2021.

## MacArthur *Elementary*

6011 Centralia St., Lakewood, CA 90713 • 562/420-3588  
macarthur-lbusd-ca.schoolloop.com



**Maria Yeppez**  
*Principal*

### An Honor Roll School

At MacArthur Elementary School, we are committed to providing our students with standards-based, high-quality education, using data and progress monitoring to drive innovative and effective instructional practices. We provide our students with opportunities to thrive in today's society by giving them the tools to become college, career, and life ready, especially during virtual learning.

We were recognized as an Honor Roll School by Educational Results Partnership (ERP) for the 2019–2020, 2018–2019, and 2017–2018 school years. ERP is a nonprofit organization that recognizes schools with high levels of student academic achievement, improvement in achievement over time, and reduction in achievement gaps.

Our students continue to demonstrate positive gains in student achievement, with students meeting and exceeding standards above district averages in English language arts and mathematics. Most importantly, an emphasis on teaching social-emotional factors and our partnership with families continues to prioritize student academic achievement, school safety, and positive climate and culture, all of which contribute to the overall gains in academic achievement.

## Marshall *Academy of the Arts*

5870 E. Wardlow Rd., Long Beach, CA 90808 • 562/429-7013  
lbmarshall.schoolloop.com



**Marie Hatwan**  
*Principal*

### Committed to the Best

Distance Learning continues at the Marshall Academy of the Arts. Even though this is not how we envisioned the year to begin, it is our reality. With the number of cases now across the city, this has been our best alternative. But we are grateful that our local officials are taking the necessary measures to keep our students and teachers protected.

Because we value our students at Marshall, our learning community strives to do everything possible to maintain the sense of belonging that is so prevalent here. The administrative team sends out weekly messages to families. Our WEB (Where Everybody Belongs) program lead, Mrs. Akeo, has also planned weekly spirit Fridays where students wear special, theme-related articles of clothing to foster belonging.

Other teachers and staff members are hosting lunch clubs. There is one for anime, another for gaming, one for distance learning, and another for socializing.

Distance learning has been challenging for all, but especially for our students. Despite the circumstances, this wonderful community is committed to bringing the best to our students.

## McKinley *Elementary*

6822 N. Paramount Blvd., Long Beach, CA 90805 • 562/630-6200  
mckinley-lbusd-ca.schoolloop.com



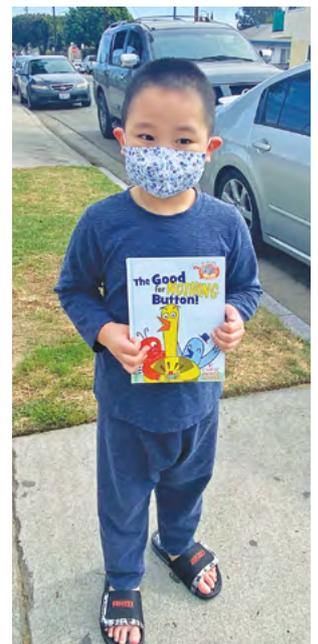
**Vanesha Davis**  
*Principal*

### Home Libraries

McKinley Cougars are excited about reading! A special thank you to the Molina Foundation

for their generous donations of books. As a result of their generosity, every student in grades Preschool- 5th grade was able to receive books for their at home libraries. We are committed to building strong readers and promoting a love of literacy.

Reading gives you some place to go when we have to stay where we are.



— Mason Cooley

## Muir Academy

3038 Delta Ave., Long Beach, CA 90810 • 562/426-5571  
lbmuir.schoolloop.com



**Sophia Griffieth**  
Principal

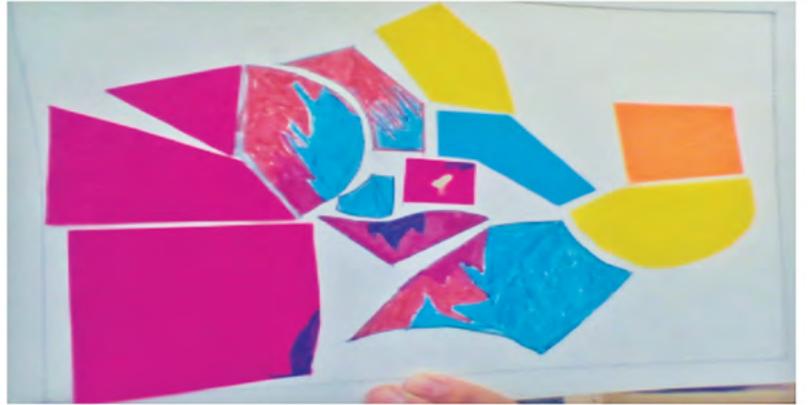
### Trailblazer Artists

*By Beckie Burns,  
4th Grade Teacher*

John Muir K-8 Academy's fourth grade students participated in Plugged In, a five-week series of art lessons sponsored by the Kleefeld Contemporary Art Museum at California State University, Long Beach. Students learned about five Los Angeles area artists who represented diverse ethnic backgrounds and artistic styles. Each week's lesson was comprised of a 15-minute video that featured an interview with the artist, showing examples of her or her work and the processes used. The scholars then participated in a virtual classroom presentation lead by education staff members from the museum.

The student artists were able to work with various art supplies, provided by the museum's generous donors, to create their own representations of the artists' works. At

### War of the colors



Artist's Name: Jackson

the end of the program, students not only had five pieces of their own original art, but a sense of accomplishment from having worked with unfamiliar materials to create something unique. We are very appreciative of this amazing opportunity.

## Newcomb Academy (K-8)

3351 Val Verde Ave., Long Beach, CA 90808 • 562/430-1250  
lbnewcomb.schoolloop.com



**Donna Ryono**  
Principal

### Parachute Design Process – Pandemic Style

*By 7th Grade Students  
Ben Farrelly and Zachary Copeland*

Though quarantine can be difficult, it is still possible to help students develop their Science, technology, engineering, and Math skills (STEM). The Newcomb Science department has given kids the opportunity to learn more about STEM at home. After a lesson about the process, students were given a week to design and create their own parachute, then drop these off at school to safely "quarantine" for three days. The parachutes were then recorded being dropped off the school roof by our Science teachers, to allow the students to watch their own parachute and see how it performed. This process gave the students a chance to learn more about STEM and the design process while simultaneously staying safe during this pandemic.



# Polytechnic *High School*

1600 Atlantic Ave., Long Beach, CA 90813 • 562/591-0581  
[lbpoly.schoolloop.com](http://lbpoly.schoolloop.com)



**William Salas**  
*Principal*

## **Poly Students Uplift Community**

*By Daryl Holmlund,  
English/Journalism Teacher*

Even with students at home, Poly has an active performing arts community. In December, Poly Music released an album of holiday music, recorded by band and choir students in their homes. Titled Happy Polydays and produced by choir director Brian Dokko, the album features 22 holiday favorites. For information on how to listen go to [polychoir.com](http://polychoir.com).

Poly's Theater Arts program has also been busy. In December they were part of #ENOUGH: Plays to End Gun Violence, a nationwide event where they livestreamed seven short plays that students had performed and recorded earlier. Director Linda Bon said that experience gave her the confidence to create a theater series called "Fridays at the Virtual Poly Playhouse," that has shows per month and

started with 16 students performing at a Poetry Slam on January 15. Speaking of the challenges of distance learning, Bon said, "I could just teach theory, but the real impact for students comes through practice, which requires authentic performance opportunities. Now, more than ever, students need connection, motivation, and to be able to express their thoughts and feelings." For information on upcoming livestream performances, go to [lbpolydrama.com](http://lbpolydrama.com).

It isn't just Poly's arts programs that have been active; ASB put together a Holiday card distribution program in December. Clubs sent pictures of hand-drawn cards to ASB, who printed the cards out. Senior Junnay By delivered them to Courtyard Care Center in Signal Hill, and Cedars-Sinai Medical Center. Junior Rianne Ignacio explained why they chose those recipients: "We wanted to thank our healthcare workers for being so awesomely during the pandemic, and also let the elderly of the Long Beach area know that we were thinking of them during the holiday season."

## **Powell Academy (K-8)**

150 Victoria St., Long Beach, CA 90805 • 310/631-8794  
[lbpowell.schoolloop.com](http://lbpowell.schoolloop.com)



**Tynisha Smith**  
*Principal*

## **Maximize Learning Experience at Home**

"Learning Together" is our motto this year, and as distance learning continues, we are doing just that. Teachers are diligently working to instruct students, using new tools and resources, collaborating with peers being instrumental in professional growth. In addition to that, students are implementing

21st century skills in order to maximize their learning experience while at home. By being intentional in regard to relationship building, teachers are able to also learn from their students. Although we would prefer to have our students here in person, we are dedicated to growing and maintaining a reciprocal cycle of learning.

Alone we can do so little; together we can do so much.

— Helen Keller

## **Sato Academy of Mathematics & Science**

1100 Iroquois Ave., Long Beach, CA 90815 • 562/598-7611  
[sato-lbusd-ca.schoolloop.com](http://sato-lbusd-ca.schoolloop.com)



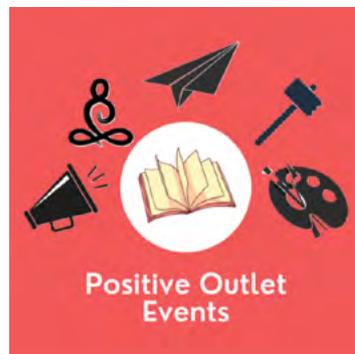
**Veronica Coleman**  
*Principal*

## **Venting Activities**

Sato teacher Tamara Araya challenged her Biomedical Innovations seniors to investigate a solution to a biomed problem that helps their school community.

One group wanted to help relieve student stress during online pandemic schooling.

They call themselves the Positive Outlet Events Group, and they planned a series of



"venting activities" to help participants feel less stressed. Their events have included a Scream Day where staff and students submitted a video of themselves screaming and the videos were combined into a funny but touching compilation. Other events have included a Yoga Day, a Calm Art Day, and an Aggressive Art Day. During the Expressive Writing Day, many Sato English classes participated, writing about their experiences with stress in these times.

## Rogers Middle School

365 Monrovia Ave., Long Beach, CA 90803 • 562/434-7411  
[brogers.schoolloop.com](http://brogers.schoolloop.com)



**Jeff Wood**  
Principal

### Supporting Each Other

By Tomilee W.

Rogers Middle School is a comforting place for me. It's comforting when my friends and I come together, and sit on a bench, talking about our day at school. Rogers makes me think of walking through the school, backpack in hand, and seeing people sitting with their

siblings or friends. There is a sense of community, a sense that the students have a common goal. Why is that important? Because we support each other to reach our goals. The teachers and staff at Rogers understand that the education of the kids come first. They help us after school and at lunch, with programs like homework help and clubs. We have build a strong sense of community with students and staff members who go above and beyond to create an environment where we can optimize our learning.



## Stanford Middle School

5871 Los Arcos St., Long Beach, CA 90815 • 562/594-9793  
[lbstanford.schoolloop.com](http://lbstanford.schoolloop.com)

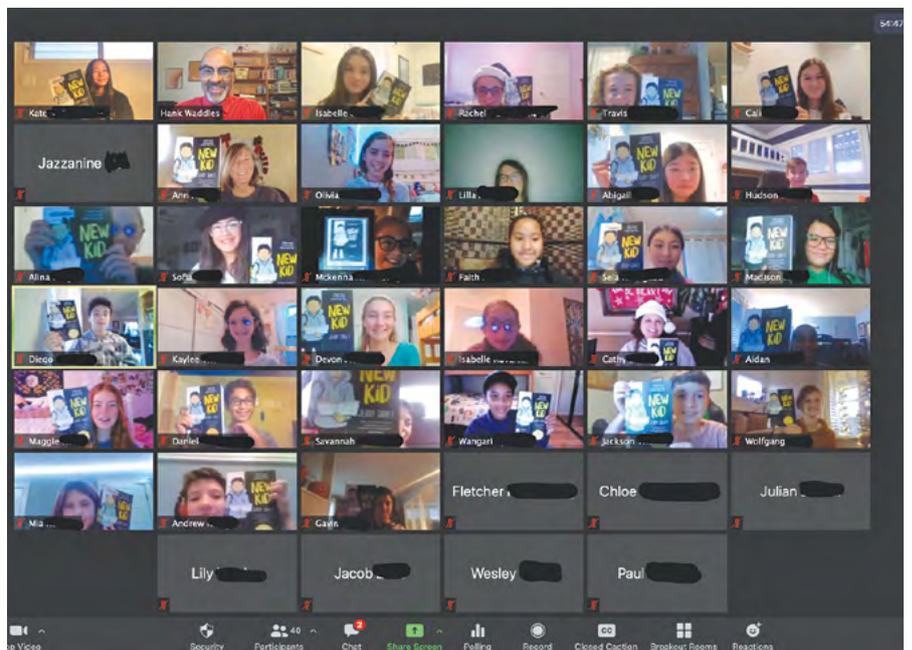


**Rebecca Suzanne Caverly**  
Principal

### Project LIT

In January of 2020 a new book club debuted at Stanford Middle School. Stanford Project LIT was created not only to encourage reading but also to expand the language arts curriculum by exposing students to a diverse collection of

authors, books, and characters. Building on the idea that the books students read should sometimes serve as windows that offer insight into new experiences and sometimes as mirrors that reflect their own lives, the Project LIT reading list appeals to students of every background, and it's been a huge success, even during distance learning. There are currently more than fifty student members and another ten faculty members, making Stanford Project LIT the most active club on campus.



## Stephens *Middle School*

1830 W. Columbia St., Long Beach, CA 90810 • 562/595-0841  
[lbstephens.schoolloop.com](http://lbstephens.schoolloop.com)



**Megan Traver**  
*Principal*

### **Pulling Together**

Monitoring and supporting student attendance during a regular school year requires exceptional focus and effort, and so you can only imagine the demands that attendance requires during a pandemic and distance learning! Darron Evans,

our fearless assistant principal, has been leading our strategic approach to improving and supporting student attendance. He is providing our team with weekly call logs strategically organized by need, including the information we have gathered through previous phone calls.

We realized that the best way to improve attendance is to make personal connections with our students, since they can sometimes feel a disconnect due to distance learning. After starting our strategic attendance calls, we went from 389 students with 90 percent or above attendance to 504 students. What is also amazing is that the calls our team made before the Thanksgiving break helped us to maintain the same number of students in the



**This is Ms. Silva, our Enrollment Clerk, who has earned the “crown” multiple weeks in a row for her exceptional efforts and outcomes.**

90 percent or above range the week after Thanksgiving!

These numbers are now holding steady, even as we return from winter break. This shows that our efforts are truly paying off. In terms of personnel, we have “all hands on deck” in making these calls, and utilize every available resource, including our interventional specialist, enrollment clerk, counselor, and banker.

Our team made 124 personal phone calls in the first week of the plan’s implementation, and the average attendance rate of students struggling with their attendance went from 61 percent to 69 percent. Each week we give a “crown” to the two people who made the most calls. We also have a new award for

the two people who made the calls that led to the highest increases in student attendance.

This is such a good reminder that “teamwork makes the dream work” (a quote often used by my wonderful colleague, Torrie Baker). It proves that now, more than ever, we need to work together to support our students in every way possible.

## Stevenson *Elementary*

515 Lime Ave., Long Beach, CA 90802 • 562/437-0407  
[stevenson-lbusd-ca.schoolloop.com](http://stevenson-lbusd-ca.schoolloop.com)



**Nancy Dalton**  
*Principal*

### **Art and the Environment**

In a time when we were unsure of exactly what the school year was going to look like in the Fall, Nica Rumion, Stevenson’s Art Studio teacher was ready. Regardless of whether she was teaching all 586 STARS live or virtually, she was READY!

Mrs. Rumion has worked tirelessly, as all Stevenson teachers have, to be resourceful. While these pieces incorporate geometric shapes, the focus for the 2020-2021 school year is “Art and the Environment”, allowing students to simply look within their own personal environments for materials and inspiration. The pride and growth we see with our students when they are able to display and explain to their peers and teacher what they created is out of this world!



**These are geometric shape backgrounds, portrait foreground sketchbook covers inspired by Kehinde Wiley.**

# Tincher Preparatory School (K-8)

1701 Petaluma Ave., Long Beach, CA 90815 • 562/493-2636  
[lbtincher.schoolloop.com](http://lbtincher.schoolloop.com)



**Alma Black**  
Principal

## Giving in Times of Need

With the continued effects of the pandemic and shutdown, more families than ever are in need of assistance. Staci Loveridge, a

former Tincher parent, contacted the school about providing backpacks for Tincher students. It was a combined effort between local churches. The backpacks and school supplies were delivered to the school and will be sent home to students in need. Even in tough times, the human spirit of giving shines brightly.



**Principal Alma Black and teacher Tim Schugt accept over 100 donated backpacks from two local churches.**

## Wilson Classical High School

4400 E. 10th St., Long Beach, CA 90804 • 562/433-0481  
[www.lbwilson.schoolloop.com](http://www.lbwilson.schoolloop.com)



**Kimberly Holland**  
Principal

## Performing During Pandemics

How do you create performances without an auditorium or a stage? Our Wilson Performance Arts Department has embraced the virtual world until we can open the curtain once again.

Our Wilson Choir has prerecorded the choir and soloists via Zoom and BandLab and added their voices to videos to celebrate the holiday seasons. They are

currently planning to create a love-song mash-up to celebrate Valentine's Day.

Musical Theater has created a deep dive this semester into the classic musical *West Side Story*. Each student performed a solo song, a dance or a monologue or worked with others on a scene from the musical. Stay tuned for a video production called "Somewhere: A Musical Theatre Remix" on Wilson's Woodyverse YouTube channel.

Our Play Production students studied the work of the great America playwright August Wilson. Each student chose a monologue from one of his 10 Century Cycle plays to study and perform. Six Wilson Bruin actors participated in the Center Theatre Group's August Wilson

Monologue Competition in November 2020. Junior Natalee Russell made it to the semifinals with her performance of Martha Pentecost from the play *Joe Turner's Come and Gone*. We are so proud of Natalee!

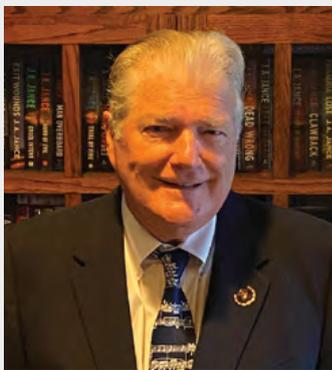
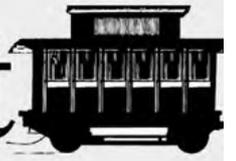
Symphonic Winds has produced student work to feature and help promote Wilson Music and inspire younger musicians. Stay up-to-date and enjoy our shows on [Wilson's Performing Arts webpage](#). Go Bruins!



**Musical Theatre Students**



# History Depot



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## Sean's Book Review



Sean

### Middle School Can Change Your Life

*Finding the Worm* by Mark Goldblatt, is about a 7th grader, Julian Twerski, who attends McMasters Middle School. There, 9th graders are a real problem, as they are the bullies. Julian is seen



admiring a painting of a historical picture, and then is accused of messing it up! Julian's friend, Quentin, suffers from a tumor in his head, and due to this, is promised a visit from a famous baseball player. Another friend, Beverly, is constantly asking Julian to race her in running, but he always says no. This book has a lot of side stories that contribute to the main idea, making the book interesting, suspenseful, and funny. Mark Goldblatt did a great job connecting this book to his previous book, *Twerp*. In conclusion, *Finding the Worm* is really cool, but you should read *Twerp* before this, as you will have a much better time!

Sean is a 6th grader who enjoys playing basketball and volleyball. He loves to teach his dog, Chewie, tricks and taking him on walks. His favorite subjects at school are math and PE. The best thing about quarantine was spending time with his family in nature.

## Kailani's Review



Kailani T.

### Positive Outlook

*Ways to Make Sunshine* is written by Renée Watson, a Coretta Scott King Award and Newbery Medal winner. The story is about a 10-year-old Ryan Hart who had to adjust to many changes in her life after her father had



lost his job. Her dad's new job did not pay as much as his old job, so her family had to move into a smaller house and must limit their spending. Ryan faced many challenges at this point of her life. With the help from her loving family and friends, she was able to see the positive sides of the changes. Ryan brought sunshine to her family and anyone around her by trying to be a good daughter, good sister, and a good friend.

Reading this book taught me to think positive. If we look at things positively, we can always find some good things even in the worst situation. I give this book 5 stars out of 5.

Kailani is a 3rd grader who loves to read. When not playing with her baby brother, Kailani likes to color and draw. She started taking Spanish lessons while sheltering-in-place. Horseback riding and skate boarding are the new activities she enjoys. Hope everyone stays well and healthy.

## CAMPING—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](mailto:Kay@schoolnewsrollcall.com) Please put LB in the subject line.

MAP	FOOD
BOOTS	SNACK
JACKETS	BEDROLL
COMPASS	MATCHES
GPS	FLASHLIGHT
BACKPACK	FLARES
THERMOS	CELLPHONE
KNIFE	CAMERA
TENT	BUGSPRAY
BLANKET	COT
WATER	

Entries must be received by **March 30, 2021**  
From the correct entries one name will be drawn to win a \$20 gift card to Barnes & Noble.



**Congratulations to**  
**Anamaria Fife and Diane Green**  
**Winners of our October Contests!**

# Los Angeles County Office of Education

9300 Imperial Hwy., Downey, CA 90242 • 562/922-6360 • www.lacoe.edu

## Leading Literacy Podcast Amplifies Voices in Education



**Debra Duardo,**  
**M.S.W., Ed.D.**  
*Superintendent*

*By Leslie Zoroya*

Storytelling, especially as an oral tradition, is as old as time. Oral storytellers have been looked to as the center of communal life, telling and retelling the history, traditions and knowledge critical to preserving cultures and serving the needs of communities.

Fast forward to the 21st century – storytelling is still alive and well, especially in the information age. Along with blogs and vlogs, video channels and social media platforms, podcasting is a great way to reach a wide audience of listeners and share not just stories, but contextualized information that can enlighten, entertain and certainly, open hearts and minds.

Our podcast [Leading Literacy](#) began as a way to do all of those things. We were interested in presenting conversations with experts in the field that offer sound literacy research, insights, advice and practice.

Oddly, the pandemic has given us access to experts we might not have otherwise had. [Episode 3](#) with NYU professor and literacy researcher and practitioner Dr. Carolyn Strom was particularly noteworthy in offering strategies for closing the gaps between research and practice, especially in our earliest learners.

[Episode 8](#), with esteemed reading guru Dr. Louisa Moats, was nothing short of a thrill. Her 30-plus years of advocating for the science of reading research has shaped the field of reading instruction in indelible ways. Having her share what works with our listeners gave life to the theory, grounded in solid practice.

Leading Literacy has also allowed us to explore a variety of aspects of literacy instruction. Critical media literacy is an area of utmost concern in this Digital Age. In a time of rampant misinformation, propaganda and just a sheer avalanche of information to shift through, students need to have the skills of discernment. Questioning sources and bias analysis are absolutely essential for students to learn, as they seek to preserve our democracy and participate as informed citizens.

[Episode 7](#) features UCLA professor Dr. Jeff Share, an expert in the field of critical media literacy. His personal journey as both a classroom teacher and photojournalist abroad provides a unique lens through which to offer practical ways to teach these skills.

Our other primary goal with the podcast was also just *to listen*. We wanted to hear the voices of our own LA County teachers and students and give a platform for how they have coped in this unprecedented time and what they have learned about themselves and their work.

[Episode 11](#), Teacher Roundtable, pulls back the curtain on what our teachers on the frontline have experienced as they pivoted from the traditional classroom to distance learning. It is a compelling story of resilience and hope – one that we felt was sorely needed. An upcoming episode will feature the voices of students in LA County as they share their experiences as well.

Storytelling is a powerful medium and podcasting has been a wonderful way to expand the literacy stories in LA County as we seek to support and enlighten the educators we serve.

*Leslie Zoroya is LACOE's coordinator of Reading/Language Arts in the Division of Curriculum and Instructional Services. She is an expert in K-12 reading, writing, listening and speaking; integrated ELD and culturally responsive teaching.*

# Encouraging Healthy Eating Patterns

This column provides insight from Carol Sloan RDN, FAND and her daughter, Kelly Sloan, MS, RDN. They provide tips to help you make healthier food and beverages choices.



**Carol Berg Sloan,  
RDN, FAND**

Days before the end of 2020, the U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) released the U.S. Dietary Guidelines for Americans, which are updated every five years to provide guidance for Americans on “what to eat and drink to promote health, reduce risk of chronic disease, and meet nutrient needs.”

They include four overarching recommendations that encourage healthy eating patterns at each stage of life:

1. Follow a healthy dietary pattern at every life stage.
2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditional, budgetary considerations.
3. Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.
4. Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.



**Kelly Sloan,  
MS, RDN**

The U.S. Dietary Guidelines for Americans really encourages us to focus on a healthy dietary pattern that includes a variety of nutrient-dense foods such as fruits, vegetables, grains, protein foods (including lean meats, poultry, eggs, seafood, nuts, and seeds), dairy (including milk, yogurt, and cheese), and oils. I find it easy to adapt to this more plant-based eating style, but as mentioned, lean meats

Specifics under this recommendation include:

- Limiting added sugars to less than 10% of calories per day for ages 2 and older and to avoid added sugars for infants and toddlers;
- Limiting saturated fat to less than 10% of calories per day starting at age 2;
- Limiting sodium intake to less than 2,300 mg per day (or even less if younger than 14);
- Limiting alcoholic beverages (if consumed) to 2 drinks or less a day for men and 1 drink or less a day for women.

The guidelines can appear rather daunting and unachievable, but if you look at your current diet and compare to these scientific-based recommendations you can make small changes that could make a difference in your overall health.

and oils can also be consumed. A perfect example of a delicious and simple meal in a bowl is my Asian Steak Salad <https://www.kellysloanrd.com/post/asian-steak-salad>. This salad includes grilled flank steak on a bed of mixed greens, thin rice noodles and fresh cut vegetables. What’s the secret ingredient? Italian dressing as the steak marinade (yes, I said dressing!) and a home-made Asian-style citrus vinaigrette for the salad — or you can opt for store-bought orange sesame dressing.

## Asian Steak Salad

Makes about 3-4 servings

Dressing:

- 1 teaspoon orange zest
- 1 orange, juiced
- 1 teaspoon finely grated fresh ginger
- 2 tablespoons rice wine vinegar
- 1 teaspoon honey
- ¼ cup extra-virgin olive oil
- pinch of kosher salt

Directions:

1. In a small bowl or Mason jar, combine all ingredients together. Mix well. Store in the refrigerator and shake well before each use.

Steak:

- 1 pound flank steak
- 2 cups Italian dressing (I use Kraft Zesty Italian Dressing but you can use your favorite brand - marinate flank steak in dressing preferably overnight, but up to 2 hours before cooking)

For Salad:

- 1 small cucumber, unpeeled and diced
- 1 tomato, diced
- 1/2 red onion, diced
- 4 cups mixed greens (I chopped up romaine, iceberg and red leaf)
- 1- 14 ounce box of rice noodles, cooked (follow directions on packaging - I used Thai Kitchen® gluten-free thin rice noodles)

Directions:

1. Pour Italian dressing over flank steak. Cover and let marinate in the refrigerator for at least 2 hours or overnight.
2. Grill flank steak until desired level of cooking, for medium rare cook for about 4-5 minutes on each side. Spread more marinade on each side.
3. Remove from heat and let sit for 5 minutes. Slice into 1/2 inch deep pieces, slicing it long ways.
4. To assemble salad: add mixed greens, rice noodles and chopped vegetables. Pour dressing over and toss salad. Add flank steak to salad and enjoy!