

FREE

School News

Education + Communication = A Better Nation

Covering the La Habra City School District



Volume 8, Issue 24

April 2022

Tie Dye Shirt Day at Arbolita School





THE CITY OF LA HABRA'S COMMUNITY SERVICES DEPARTMENT PRESENTS

TO REGISTER AND FOR MORE DETAILS ON EVENTS AND PROGRAMS, VISIT US AT:

lahabraca.gov 562.383.4200 Facebook/Instagram: La Habra Recreation Division Twitter: @Lahabrarec

LA HABRA *Active* DAY CAMP



Kids ages 4-12, come join us for a fun experience in a safe environment, while exploring, learning and enjoying new adventures through arts and crafts, games, enrichment, and excursions! Continental breakfast, snacks, and lunch are included.



June 6th - June 10th

Aloha to Summer

June 13th - June 17th

Under The Sea

Excursion: Beach



June 20th - June 24th

Land Before Time

June 27th - July 1st

The Great Outdoors

Excursion: Irvine Regional Park

July 5th - July 8th

Stars and Stripes

July 11th - July 15th

Little Einstein's

Excursion: Discovery Cube

July 18th - July 22nd

Christmas in July

July 25th - July 29th

Out of This World

Excursion: John's Incredible Pizza

August 1st - August 5th

Every Day is a Holiday

August 8th - August 12th

Fiesta

Excursion: Beach



Open Monday thru Friday

7:00 A.M. to 6:00 P.M.

Camp will be closed on July 4, 2022

ONE-TIME REGISTRATION & MATERIALS FEE

\$35.00

Includes camp T-shirt

\$150/per week

Register and pre-pay for 8+ weeks, and receive a 10% discount! Payment plans available, balance must be paid before June 1, 2022.

SPRING FAMILY EGGSTRAVAGANZA

Saturday, April 16, 2022
8:00 a.m.-12:00 p.m.

La Bonita Park - 1440 W. Whittier Blvd.

Egg Hunt *Wristband Fee:



- \$5 per person presale until 5:00 p.m. on April 15th.
- \$6 per person on the day of the event.

Games * Crafts * Kids Activities * Balloon Twisters * Music * GO Trailer * La Habra Collaborative Family Health Fair * La Habra Host Lions Pancake Breakfast available for purchase * Participate in family activities, gather information, enter the raffle for prizes and much more!

EGG NIGHT

GLOW IN THE DARK EGG HUNT

\$10

Friday, April 15th

7:00-8:00 p.m.

Open to kids ages 7-13 years

Magic Show, Kids Activity Booths, Glow In the Dark Egg Hunt, and Prizes. Register early, backpack & school supplies for the first 100 registrants.



The City of La Habra Presents

2022 Movies in the Park Series

"Sing 2" at Oeste Park
Friday, June 17th

"Big Hero 6" at Brio Park
Sunday, July 10th

"Jurassic World: Fallen Kingdom" at El Centro Park
Friday, July 29th

"Encanto" at Portola Park (In conjunction with National Night Out)
Tuesday, August 2nd

"Spiderman: No Way Home" at El Centro Park
Friday, August 19th

"Luca" at Portola Park
Friday, September 23rd



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SUPERINTENDENT



Dr. Joanne Culverhouse
Superintendent

Finish Strong

As the month of May comes into focus, there is a realization that the school year is coming to a close. I am sure that many of you have heard the saying, “life is a marathon, not a sprint.” I reflect on how this has applied to us as a District and family. Throughout the course of the last two years, there were times when we felt motivated, enthusiastic, and unstoppable and other times where we felt that we could not take one more step.

We spent the first year of the pandemic training teachers, staff, students, and families how to navigate virtual learning while keeping everyone safe. This past year was spent regaining our traditions, opening our schools to events, learning how the pandemic impacted academics, and most importantly how isolation altered the social emotional stability of some our students and staff.

There have been many highs as well as lows over the course of the last two years, and I recognize this was not an easy year. However, we are a united family and we will finish strong.

Each morning before coming into work, I give myself time. Time to sit quietly for a few minutes and reflect. Some days my mind is calm, and I can focus on gratitude and a

positive mindset and other days, my mind is like a ping-pong ball bouncing from a “to do” list, to the intensity of my calendar, or solving issues that arise each day within our District. No matter what types of thoughts enter my mind each morning, I always end the time with one intention or a determination to act in a certain way for my day.

My intention this morning was thankfulness and to share my gratitude for the administrators, staff, students, and families. I am thankful for the hours, days, and years we have put into preparing and committing to this “marathon” called education. Throughout this journey, we have had roadblocks and obstacles. We have celebrated the highest of highs and the lowest of lows with one another. When one person felt tired, we have rallied as a team and pushed each other forward.

Every step taken on this journey over the past two years, has been intentional. With each step, we are building a stronger foundation of learning and social-emotional support for our students, staff, and families. With each intentional step forward, we are using the lessons of the pandemic to lay groundwork through hard work, dedication, and commitment each day to meet the needs of our students and their families.

Together, we can finish strong!



Please see the
back page
for more
information



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Founder/Publisher



Netragrednik

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Dr. Joanne Culverhouse begins this issue with her message reflecting on the past two years, which have been challenging. Everyone rose to the challenge with the support of each other.

We have included our popular student book reviews on pages

12 - 14. Be sure to enter the word search contest on page 14 (all ages may enter). Then there are parenting articles on page 15.

Our next issue is October 5th. Have a fun, healthy summer and remember to include the library among your activity choices.



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School Readiness

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www.lahabraschools.org



Early Learning is Finishing Strong!

Early Learning had an amazing year filled with lots of learning and growth! Our children are finishing strong as they prepare to enter Transitional Kindergarten and Kindergarten! In School Readiness, children are working on building their academic skills while continuing to develop physically,

Debbye Viveros
Coordinator

socially, and emotionally. Students are registering for Transitional Kindergarten and Kindergarten and scheduling individual assessments at their new schools. Students who register for school also receive a packet of learning activities so that they can enter school ready to succeed. Students are also encouraged to join our summer reading program to continue learning over the summer. We are so proud of our Early Learning students!

District Wellness

500 N. Walnut St., La Habra, CA 90632 • 562/690-2344x302

www.lahabraschools.org



Health and Wellness Across the District

LHCSD continues to thrive in health and wellness as many of our schools focus on being active and eating healthy foods. Celebrating Heart Health Month during the month of February, Las Positas, Sierra Vista, and Arbolita participated in the Kids Heart Challenge raising a combined \$7981.64 for the American Heart Association. We also had many schools team up with teachers and families to participate in the La Habra 5K.

LHCSD staff members have been actively participating in our Wellness Series. A healthy cooking class was offered in March where there was an emphasis on how to cook a

Jessica Stout-Ryder
Lead

healthy meal in under 30 minutes. We look forward to the “Guided Meditation” class happening in April.

Washington Middle School is hosting parent fitness classes and having a great time using their amazing fitness equipment received through a grant from St. Jude. Classes are open to any parents in the District.

Finally, in partnership with the Orange County Health Agency, many of our schools are bringing back their vegetable gardens, providing students with a variety of great learning experiences such as how food grows and the nutritional benefits of eating healthy foods. LHCSD is also participating in the Harvest of the Month Program which provides students K-6 grade the opportunity to try different fruits and vegetables they may not normally eat.





Jennifer McCully Rodriguez
Principal

Imagining Our Way through the End of the School Year!

It seems like summer is just around the corner, but we have several more weeks of amazing learning ahead of us! Our staff has been working hard preparing for our virtual open house/showcase and our state testing, in addition to our everyday activities and learning! Arbolita has been able to return to some of our in-person activities this past month. We celebrated our students with our second trimester awards. We also celebrated creative writing and student authors with our Imagination Machine

assemblies before our spring break. All students had the opportunity to submit an original story to the Imagination Machine. All stories submitted were read, and eight stories were selected for performance at the assemblies. Laughter went wild throughout our multi-purpose room as the hilarious stories were performed by the actors. Not only was this a fun assembly, but it encouraged creative writing throughout all the grades! As we continue to the end of the school year, our goal is to finish strong! Through our partnerships with families and the community, dedication from staff and students, and various opportunities to learn, we will finish strong!



Two of our fifth grade authors, Andrew Estrada and Ethan Ramos, pose with the Imagination Machine actors.

El Cerrito (TK—6) Code to the Future (Computer Science)

1051 N. Hillside, La Habra, CA 90631 • 562/690-2340 • www.lahabraschools.org/elcerrito



Emily Flesher
Principal

Coding California Missions

Robin Sharma said, “Starting strong is good. Finishing strong is epic!” As we progress through the remaining weeks of this school year, we are excited to continue our journey of providing our Scotties the essential skills and innovative abilities

necessary for success in the future. These experiences contribute to student ownership of their work, and deeper, longer-lasting learning in all content areas.

Having completed two successful cycles of Computer Science instruction through the use of Scratch and Lego Robotics, our final cycle provides students the opportunity to code in

Minecraft Education. Students use a code agent to create unique Minecraft worlds connected to the content they are learning in their classrooms. Teachers help students solve relevant and authentic problems which will be showcased in our final digital showcase of the year and will be viewable to the public in upcoming weeks.



Fourth grade students coding a California Mission using Minecraft Education.



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Imperial (6—8) International Baccalaureate & Visual Performing Arts

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Cathy Seighman
Principal

Enhancing the Quality of Education

Imperial Middle School is proud to announce the full authorization to provide the Middle Years Program (MYP) within the International Baccalaureate® (IB) World Schools Organization. The Middle Years Program (MYP) is a well-rounded and rigorous program to enhance the quality of all our students' education.

Students can begin their IB education with the Primary Years Program for grades TK-5 at our feeder school, Las Positas Elementary, and then continue with the Middle Years Program for grades 6-8. Students may then enter into the high school Diploma IB Programs for grades 9-12.

With our IB trained staff, our curriculum increases understanding of languages and cultures, and explores globally significant ideas and issues with an emphasis on creative problem solving, hands-on projects, inquiry-based learning and community service.



Learner Profile attributes are reinforced within the culture of our school to help students become open-minded, reflective, risk-takers, communicators, knowledgeable, caring, inquirers, balanced, principled, and thinkers. These attributes are necessary skills for students to be academically prepared and to develop into citizens of character.

IB assessments focus on specific learning objective skills that students practice and self-assess their abilities in order to move themselves forward to higher levels of achievement. Typical MYP assessment tasks include open-ended questions, problem-solving activities, investigations, debates, tests, hands-on experimentation, analysis and reflections.

Ladera Palma (TK—6) Dual Immersion Academy

2151 E. Brookdale Ave., La Habra, CA 90631 • 562/690-2348 • www.lahabraschools.org/laderapalma



Dr. Rosa Murillo
Principal

Finishing Ladera Palma Strong!

Having completed our 2nd Trimester, we have been able to look at our student academic data individually and in teams. Our students' growth is amazing!! Our families and our staff are collaborating and working

together diligently to ensure our students finish strong. This is our first year to take our state tests in a long while, and we are beginning to prepare our 3rd to 6th grade students to be able to show what they know in both English and Spanish. Students are explaining their reasoning using academic language and demonstrating their work on a daily basis in all content areas. There are opportunities to also demonstrate knowledge in very meaningful ways. Our school garden is serving as a beautiful outdoor classroom for our students. Parent volunteers, our Community Liaison, and teachers lead our students through project-based learning and stewardship. So much exciting learning here at Ladera Palma!



Las Lomas (TK—6) Entrepreneur Exploration & Music/Art

301 Las Lomas Dr., La Habra, CA 90631 • 562/690-2353 • www.lahabraschools.org/laslomas



Pam Cunningham
Principal

Making Every Minute Count!

What a great year! We have been able to reconnect with our students and families this year, building so many relationships to encourage and empower our students to make great strides academically, behaviorally, and socially.

We are so proud of how far our students have come these past six months and can't wait to see what they accomplish the last few months of school. Like they say, "It's not over until the last bell rings!" That's our motto here at Las Lomas! We are working on finishing strong with our students, making sure every instructional minute counts! The teachers and support staff are continuing to work diligently every single day to maximize the instructional time we spend with our students. Ongoing assessment, differentiated instruction through

small group, and individualized instruction is going strong at all grade levels and we are seeing positive gains in our students' progress as a result. We can't wait to see how much our students have grown at the end of the year!



Small group instruction at work with one of our wonderful retired teachers!

Las Positas (TK—5) International Baccalaureate

1400 S. Schoolwood Dr., La Habra, CA 90631 • 562/690-2356 • www.lahabraschools.org/laspositas



Dr. Suena Chang
Principal

Making Great Gains in ELA

"The more that you read, the more things you will know. The more that you learn, the more places you'll go." Based on Dr. Seuss, our students learned so much and went to so many places. The students started this year excited because school was not "normal". In fact, for some of them, "normal" was being online and without in person interaction.

This year, Las Positas Lions have made great gains in ELA. As a school, we collaborated to target student writing. We know that reading is also a foundational part of excellent writing. We engaged in many reading activities, such as Read Across America Week at Las Positas, reading with a buddy, iReady reading, AR program, March Madness Book Tournament, and more. Students celebrated reading with guest speakers like Dr. Culverhouse and Dr. Pritchard. There were spirit weeks offering resources to engaging activities such as science experiments, books, crafts, and tasty treat



ideas while teachers talked data and collaborated as a staff. Through all of these, students showed tremendous amount of growth- all while having fun. What a great and progressive year it has been! Go Lions~



Anna Rosales
Principal

Achieving to the End!

Sierra Vista is back from Spring Break and we are in our home stretch to the end of the school year! We have many events planned for the final couple of months of school but in order to finish strong and celebrate our successes we have work to do in sharing our learning from this school year. First, it begins with our preparation for state testing.

We have been administering our practice assessments and ensuring that our students have not only the technical skills needed for end of year testing but the skills needed for the academic rigor and stamina that is required to be successful. Our students have grown a lot this year and we want to continue to celebrate their growth in academics through this assessment. Next, we are excited

to showcase, in new digital format, all of our students learning through a school wide showcase instead of our traditional open house. This will provide us an opportunity to be creative and utilize all of our technology skills and application knowledge in order to demonstrate our learning from throughout the school year. We cannot wait to see how our families and community will engage with this new content! Last but not least, to further solidify our foundations in our grade level standards and curriculum, and with COVID restrictions lifting in our county, we are excited to be able to offer our students hands on learning experiences by attending off campus field trips where they can make the learning in their classrooms come alive. We have been working hard to ensure each grade level can attend at least one field trip before the school year ends in order to finish strong in their learning!



6th Grade Field Trip.

Walnut (TK—6) STEAM Academy/AVID

625 N. Walnut St., La Habra, CA 90631 • 562/690-2369 • www.lahabraschools.org/walnut



Dr. Alma Noche
Principal

Future Careers in STEAM

At Walnut, we are dedicated to empowering our young students to feel confident and excited about STEAM and the future careers in STEAM. Walnut STEAM Academy has put together enrichment classes after school to assist in developing students' creativity. The depth of creativity that our students have shown in the past few months has inspired us to continue exploring more avenues to show them off. Popular classes that have been available included Pokemon drawing, Fashion Design, Lego Engineering, Minecraft, and Video Production. Some of these classes will continue to be available on the second round of enrichment classes that will be offered but more classes will be available during our summer program and embedded in the classrooms during the last few months of the school year. We want to continue to build crucial foundational skills, prepare, and motivate students in their future careers in STEAM.



Students in our lego engineering class are learning how gears and simple machines work.

Washington (7-8) Project Lead the Way/Engineering/Music

716 E. La Habra Blvd., La Habra, CA 90631 • 562/960-2374 • www.lahabraschools.org/washington



Greg White
Principal

Finish Strong!

Here at WMS we have had an exciting two trimesters and are looking forward to a great final trimester!

After returning from the pandemic, we have sought to support all students with engaging and rigorous learning opportunities in all of our core academic departments. We have also strengthened and continued the tradition of challenging students to excel through a commitment to the visual and performing arts. These are flourishing at WMS with ample events such as our Second Annual Film Festival, Painting for Patients Art Auction, and spring plays providing wonderful opportunities for our young artists.

As we continue building our campus culture at WMS in order to develop students with strong academics and personal character, we undoubtedly will experience more celebrations for



Lunch opportunity to participate in the Painting for Patients Art Auction.

academic and behavioral success as our students exceed Washington's high-expectations. We appreciate all of the support from our students, families, and staff!

Daniel's Review



Daniel H.

Best Friends Forever?

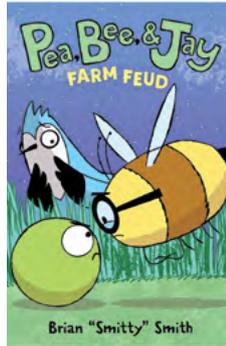
Title: *Pea, Bee, & Jay: Farm Feud*

Author: Brian "Smitty" Smith

Best friends Pea (a pea), Bee (a bee), and Jay (a bird) are back in this fourth book of the Pea, Bee, & Jay series! Pea and Bee are

arguing so Jay decides to go find new best friends. Then Pea and Bee try to find new best friends too. At the same time, there is a hungry snake who wants to eat them all! I really liked this funny book with cute characters who are silly and have good hearts.

Read this book to find out what happens to them and also to learn the lesson that you should never forget about the friends you have.



Daniel is in second grade and he likes to spend time with his family playing board games, reading, and playing sports like tennis, soccer, and basketball.

Kailani's Review



Kailani T.

Who is BOB?

Bob by Wendy Mass and Rebecca Stead is a magical fiction about a girl who helps an old friend find home. Olivia (Livy) is 10 years old when she travels to Australia to visit her grandmother she hasn't



seen in 5 years. Livy doesn't remember much from her last visit to grandma's, but when she sees Bob, she has a feeling she may have known him. Bob is a short greenish creature in a chicken suit. He doesn't know who he is. He doesn't remember anything about his family or where he came from. When Livy was 5, she promised she would help him find home. Bob has been waiting in her closet at grandma's house for Livy's return ever since. Livy and Bob become closer friends as they try to unravel the mystery of where Bob came from.

This book is sweet, emotional, and magical with a touch of suspense. I also learned more about friendship from the book. I give this book 5 stars.

Kailani is a 4th grader who loves to read. When not playing with her brother, Kailani likes to listen to music, ride horses, and play board games. Hope everyone stays well and healthy.



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David's Review



David H.

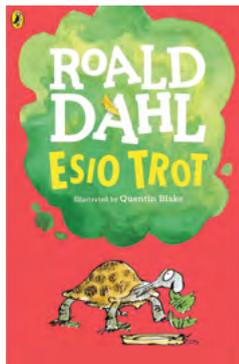
A Tortoise and Love

Title: *Esio Trot*
Author: Roald Dahl
Esio Trot is about

a very shy man named Mr. Hoppy and the woman he likes, Mrs. Silver.

Mrs. Silver loves her

beloved pet tortoise Alfie and will do anything to make him grow. Mr. Hoppy comes up with a clever plan to make Alfie bigger and have Mrs. Silver fall in love with him. Read this book to find out what happens and if his plan works. I liked this story so much that I've read it multiple times! If you like tortoises and a little bit of love, you should definitely read this book.



David is in fourth grade and he loves to read and play piano. He likes math and outdoor activities such as rock climbing, tennis, and basketball.

Taegyong's Book Review



Taegyong K.

Love and Courage

Title: *Upside Down in the Middle of Nowhere*

Author: Julie T. Lamana
Alex, Betsy, Donna, Elsa, and Fiona. Do you know what these are?

They are not the names of my friends. They are all hurricane's names. This book is about a girl and her family who lived in the Lower Ninth Ward of New Orleans where 'Hurricane Katrina' hit.

Armani Curtis is waiting for her 10th birthday. She is very excited for her birthday and looking forward to it. It seems that everything goes well. However, Hurricane Katrina hits her town on her birthday. What will happen to her and her family? Can she go through with this hard time? What do the boots in the book cover mean for her?

This is a realistic fiction story for upper graders. As you read the book, I am sure that you can find yourself cheering for Armani.



Taegyong K. is a 6th grader. She loves reading books and writing her own stories. Also, she likes to draw and play video games.

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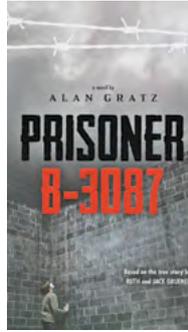
Tegan's Book Review



Tegan

True Courage

Based on the true story of Jack Gruener, *Prisoner B-3087*, a beautifully written realistic novel by Alan Gratz, describes a young Jewish boy's life which slowly breaks apart as Nazi soldiers



invade his city. On top of being snatched from his home and forced to work in 10 concentration camps, Yanek Gruener persevered through his hardships by never relinquishing his drive to survive. For example, even when Gruener suffered the pain of starvation and being tattooed, he did not flinch nor express his despair. In the end, he was rescued and reconnected with his neighbors and relatives by the American army; the story teaches readers about determination and self-control. Readers who enjoy sorrowful war tales will enjoy this historical fiction. I am reminded to have a heart of gratitude and to remain strong in challenging times.

Tegan Y. is a fourth grader who enjoys art, mountain biking, tap, writing and reading.

Yoona's Review



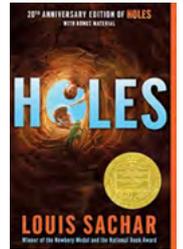
Yoona C.

Holes of Everything

Title: *Holes*

Author: Louis Sachar

This book has lots of themes like friendship and more! The main character of this book is Stanley. He was a 14 year old boy with no friends. He was bullied



at school. He goes to a horrible camp just because he did "something" without any evidence. The horrible thing about the camp is you have to dig very big holes. I mean big. The worst part, it's in the desert. You might think you could just have water to survive, but you have limited amounts of water! Stanley finally gets friends in the camp! He makes deals and has fun with his friends, although some "friends" turn out to be fake. He does get in trouble lots of times in the camp still without evidence. He experienced lots of hardships, but he survived. Yes, the camp was horrible, but there were some good parts! Find out what happens next!

Yoona is a 4th grader. She likes to read books and create stories. She also enjoys playing soccer.

Curious George Goes to the Zoo—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 LaHabra in the subject line)

Entries must be received by June 15, 2022

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

Amazing	Leaves
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Climbed	Party
Curious	Rhino
Danced	Water
Fun	Wild
George	Wonderful
Giraffe	Zoo
Headquarters	Zookeeper
Hippo	



Parent To Parent



Jodie Lynn

Activities Away from Technology

Q. My 10-year-old son only wants to stay indoors, play video games and eat chips and the like. He doesn't like sports. I'm trying to get him outdoors and moving but he complains about the heat. Any ideas on how to get him away from becoming a couch potato and away from the TV?

A. There are plenty of programs that your son might like such as swimming, drawing, painting, camping, making pottery, volunteering at a pet shelter, cooking, graphic design for kids, etc. The whole idea is to get him into a scheduled activity three to five days a week. Some of the facilities where the activities take place have lunch served to the kids. It's usually a pretty healthy one at that. They should give you a weekly copy of them. If not, ask for one. Some programs allow kids to bring their lunch. This means that he will be eating less of the bad things and more of the good. He might even decide that eating fruit is a good break from chips. If your son can find something he likes and can participate in it with a friend, he'll be more willing to stick with it, especially if there's no pressure to be a super star. This will also give him less time to play video games or to watch TV.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. www.ParentToParent.com

Positive Parenting



Sandy Spurgeon
McDaniel

Are You Disconnected?

This is one of the most difficult times there has ever been to be a parent. The extreme use of media and extended challenges of the pandemic have changed our children; thus, the way they need to be parented. And some needs of children never change.

All children need to feel connected. Can you see the difference between, "You're a good friend!" And "I really needed someone to talk to last night, thanks for being there." Instead of talking at children, talk to them; look into their eyes, be with them and listen. Since children often require constant attention, it is totally appropriate to say, "I want to hear what you have to say, and (cooking) needs my full attention right now. I'm turning the timer for 15 minutes. When you hear it ring, come and I will listen!"

Read to your children every night. Eat dinner together as a family. Play games together. Go on outings together. Don't talk on your cell phone in the car, talk to them. This precious time of being the architect of a child's life is very short. There are no re-runs in the parenting game; connect with your children so they feel valued and appreciated.

Sandy Spurgeon McDaniel is an author, taught school, raised two children, worked as a consultant to schools and has worked with children and families for 52 years. Sandy now lives in Meridian, Idaho. ParentingSOS.com.

Ask Dr. Shari



Dr. Shari
Sweetnam

Lessons of POWERFUL Communication

At no time has the ability to communicate effectively been more important. There is no question that the political atmosphere of recent years has degraded us and demoralized us. "If you can't say something nice, don't say anything at all" seems to be an archaic ideal as we watch grown adults spew pointless negativity on a regular basis.

If we want to stop the degradation of society, one of the most important changes we can affect, is to upgrade our standards of interaction. Children desperately need models of good behavior, and constructive communication, more than ever.

Following are 5 skills that every child and adult must learn in order to be powerful communicators:

Listen: Even if you do not agree, hear people out, gain an understanding of a person's values as they speak. Never talk over people. Don't interrupt. Affirm that you have heard their thoughts, and then you can share your view with the expectation of the same courtesy. People react more calmly, and are more inclined to listen, when they feel they have been heard.

Ask: Don't claim to have the answers. Get a depth of clarification on their views that contradict your own. Accept that people have different value systems. You will

never change a person's mind by imposing your values on them; this only creates defense and negativity. If you want to share an opposing view, do so respectfully, acknowledging that you understand and accept that your partner in the conversation might feel differently.

Avoid Negative Energy: Proper communication is neither negative nor dramatic. A productive conversation stays respectful at all costs. An agreement to proceed productively, is core to powerful communication. Respectfully end a conversation that seems to be turning negative, and agree to reconvene when the atmosphere is calmer.

Maintain Integrity: Don't falsify or exaggerate. If you stray from truth, your communication will be weak, and your informational value will be lost. Even one incident of falsification can destroy a person's credibility.

Develop Mastery: Commit to communicating powerfully until it is habitual. Master communicators listen, ask questions, operate with respect, maintain integrity and avoid negativity and drama. Like the mastery of any important skill, it takes practice.

We can make an enormous difference by committing to these simple standards.

Dr. Shari has conducted multiple Communication seminars for businesses all across Orange County, and divisions of OC, including the Sheri's Department, Health Care Agency and, Social Services, as well as taught Communication at the graduate level

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