

FREE

School News

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Covering the Hawthorne School District

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MAY-AUGUST 2013

In Memoriam

Dr. Helen E. Morgan, Superintendent

It is with great sadness that I compose my article this month. The Hawthorne School District has lost three very special members of its family this school year. These three individuals spent many years serving the students and families of Hawthorne and will be greatly missed.

Mr. Smythe began his career in 1997 teaching fifth grade at Washington School. After only a year at the elementary level, he found his home at the middle schools, where he taught both math and science. I know that he had a passion for teaching math and always made even the most difficult problems look easy to solve.

I remember teaching a math in-service once which Mr. Smythe attended. I felt a sense of accomplishment when he would acknowledge that what I was teaching was a new way of looking at algebra and could work well with kids.

I know that Mr. Smythe loved coming to work every day. He was truly dedicated to his students and this school district. Even when he was very sick, it was clear all he wanted to do was get back to work and teach math.

We sadly lost Mr. Smythe on November 24, 2012.

Mrs. Pereira had a long career in the Hawthorne School District most of which was at York School. She began in 1987 as a playground supervisor. She held that position for nearly two years before she became an instructional aide. She served as a special education aide, a special projects aide, and an English Learner aide at York for more than twenty years. In August of 2012, Mrs. Pereira transferred to Zela Davis School.

While I never had the opportunity to work with Mrs. Pereira, I worked closely with others who had and they all counted her as a very special person. I know that whenever I saw Julie she would always greet me with a warm and sincere smile and a bright greeting.

The number of lives Mrs. Pereira touched is too numerous to count. I know that those who were touched by her consider themselves fortunate to have known her.

We sadly lost Mrs. Pereira on February 18, 2013.

Mr. Pinto began his career in the Hawthorne School District as an instructional aide at Washington School in 1990. In 1997 he proudly became a teacher at the same site. He continued teaching second grade at Washington School until Kornblum School was completed in 2002, when he transferred there to teach third grade. He remained at Kornblum School for ten years. In 2012 the need for his bilingual skills took him to Ramona School to teach fifth grade in the Spanish Dual Immersion Program.

I got to know Mr. Pinto through various teacher trainings and school visitations. If anyone were to ask me anything about Mr. Pinto, my response would be that he was truly a gentleman. He always made sure to greet me and take a minute to chat. He always had a quick smile and his rapport with students was special. I am sure many of his students were instilled with his gentlemanly qualities that will remain with them for years to come.

We sadly lost Mr. Pinto on March 17, 2013.

I know that these special individuals live on through the lives they touched, both students and peers, and will always be fondly remembered.



Don Smythe



Julie Pereira



Luis Pinto

En Memoria de

Dr. Helen E. Morgan, Superintendent

Escribo este artículo con gran tristeza. El Distrito Escolar de Hawthorne ha perdido tres miembros muy especiales de su familia este año escolar. Estos tres individuos sirvieron por muchos años a estudiantes y familias de Hawthorne y serán profundamente extrañados.

El Sr. Smythe comenzó su carrera en 1997 enseñando a un grupo de quinto grado en la escuela Washington. Después de solo un año de enseñar a nivel primario, encontró su hogar en las escuelas secundarias, donde enseñó matemáticas y ciencias. Sé que tenía una pasión por la enseñanza de matemáticas y hacia que cualquier problema por mas difícil que fuera se viera fácil de responder.

Recuerdo una vez que enseñe en un entrenamiento de matemáticas al que el Sr. Smythe asistió. Me sentí con una satisfacción de saber que él reconoció que esta era una forma innovadora de ver el Algebra y que podía funcionar con los niños.

Sé que al Sr. Smythe le gustaba venir a trabajar todos los días. Era muy dedicado a sus estudiantes y al distrito escolar. Aun cuando estaba enfermo, era muy claro que todo lo que quería era regresar al trabajo y enseñar matemáticas. Tristemente perdimos al Sr. Smythe el 24 de noviembre del 2012.

La Sra. Pereira tuvo una larga carrera en el Distrito Escolar de Hawthorne en su mayoría en la escuela York. Comenzó en 1987 como supervisora de patio de recreo. Mantuvo esa posición por casi dos años antes de convertirse en asistente de instrucción. Se desempeñó como asistente de educación especial, asistente de proyectos especiales, asistente de Aprendices de Ingles en la escuela York por más de veinte años. En agosto del 2012, la Sra. Pereira fue transferida a la escuela Zela Davis.

Aunque nunca tuve la oportunidad de trabajar con la Sra. Pereira, trabaje muy cercanamente con otros que si lo hicieron y la describen como una persona muy especial. Sé que cuando veía a Julie siempre me saludo con una sonrisa cálida y sincera con un saludo alegre.

La cantidad de vidas que la Sra. Pereira tocó es muy numerosa para poder contarse. Sé que aquellos que fueron tocados por ella se consideran afortunados de haberla conocido.

Tristemente perdimos a la Sra. Pereira el 18 de febrero del 2013.

El Sr. Pinto comenzó su carrera en 1990 en el Distrito Escolar de Hawthorne como asistente de instrucción en la escuela Washington. En 1997 orgullosamente se convirtió en maestro trabajando en la misma escuela. Continuó enseñado segundo grado en la escuela Washington hasta que al concluir la construcción de la escuela Kornblum en el año 2002, fue transferido para enseñar el tercer grado. Permaneció diez años en la escuela Kornblum. En el 2012, la necesidad de sus habilidades bilingües le llevo a la escuela Ramona para enseñar el quinto grado en el Programa de Inmersión Bilingüe de dos Vías.

Conocí al Sr. Pinto a través de diferentes capacitaciones docentes y visitas escolares. Si alguien me preguntara sobre el Sr. Pinto mi respuesta seria que él era un verdadero caballero. El siempre se aseguro de saludarme y tomar un momento para charlar. Siempre sonreía con facilidad y su relación con los estudiantes era especial. Estoy segura que muchos de sus estudiantes fueron inculcados con su actitud de caballerosidad la cual permanecerá con ellos durante muchos años.

Tristemente perdimos al Sr. Pinto el 17 de marzo del 2013

Sé que estos individuos especiales vivirán a través de las vidas de los que tocaron, tanto estudiantes y compañeros de trabajo, y siempre serán recordados con cariño.

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C5317

Hawthorne School District partners with LAUP to provide high-quality preschool for all four-year-old children. We believe all children deserve the best start in life and a quality preschool education.

El Distrito Escolar de Hawthorne está asociado con LAUP para proporcionar educación preescolar de alta calidad para todos los niños de cuatro años. Creemos que todos los niños merecen el mejor comienzo en la vida y una educación preescolar de calidad.



Preschool Sites

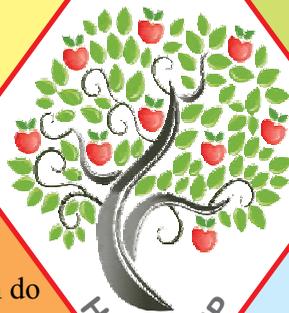
Eucalyptus Universal Preschool

12044 Eucalyptus Ave.
Hawthorne, CA. 90250
(310) 219-2837

Zela Davis Universal Preschool

13434 Yukon Ave.
Hawthorne, CA 90250
(310) 219-2821

Every child deserves a chance to succeed!
¡Cada niño merece la oportunidad de triunfar!



Reading Sets the Foundation for Success

Reading is one of the best practices parents and families can do with their preschool-aged child. Not only is it a great way to spend time together, but it also increases the child's vocabulary, comprehension, reasoning, grammar and other essential language art skills. Our LAUP preschools encourage reading with young children because it helps set the foundation for future academic and lifelong success.

La Lectura Establece la Base para el Éxito

La lectura es una de las mejores prácticas que los padres y las familias pueden hacer con su niño en edad preescolar. No sólo es una gran manera de pasar tiempo juntos, pero también aumenta el vocabulario del niño, la comprensión, el razonamiento, la gramática y otras habilidades esenciales del arte del lenguaje. En nuestros centros preescolares LAUP promovemos la lectura con niños pequeños, ya que ayuda a establecer las bases para su futuro éxito académico y de toda la vida.

Preschool Schedule

HSD Preschool is a free 3.5 hour school readiness program for 4 year old children

Preschool Classroom Schedule:

AM Session 8:05 to 11:35

PM Session 12:15 to 3:45

Programa de Preescolar

El Preescolar del Distrito Escolar de Hawthorne (por sus siglas en inglés HSD) es un programa gratuito de preparación escolar de 3.5 horas, para niños de 4 años

Horario del Salón de Clases del Preescolar:

Sesión de la mañana 8:05 AM - 11:35 AM

Sesión de la tarde 12:15 PM - 3:45 PM

Preschool Information

Each child receives one nutritious meal during the classroom program

Certified Teaching Staff

CPR and Emergency First Aid Trained

Excellent Student/Staff Ratio

Imagine It! Language Arts & Harcourt Math Curriculum

Información del Preescolar

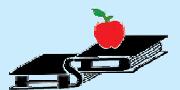
Cada niño(a) recibe una comida nutritiva durante el programa del salón de clases

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Entrenados en resucitación cardiopulmonar y primeros auxilios

Proporción excelente de niños y personal

Plan de Estudios de Lenguaje (Imagine It!) y Matemáticas (Harcourt)



For more information contact:

Reina Robledo, Project Facilitator, LAUP Preschools
rrobledo@hawthorne.k12.ca.us

Para más información póngase en contacto con:

Reina Robledo, Facilitadora del Proyecto, LAUP Escuelas Preescolares
rrobledo@hawthorne.k12.ca.us

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13790-12



Kay Coop
Founder / Publisher



The superintendent's In Memoriam message on the front page is an example of how close this school district is as a family. They will obviously be missed by the entire community.

Throughout this issue you will read about the classroom focus on academics, community service, health and physical fitness. The students are focused!

Thank you for including *School News* among your reading choices. Be sure to enter our Word Search Contest on page 10. Our next issue is June 5th.

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Kohl's Cares Partners with Miller Children's for Safety

Miller Children's Hospital Long Beach Kohl's Keeping Kids Safe Program wants to remind parents that a child's brain is constantly learning, changing and growing. So make sure your child always wears a properly fitting helmet on every ride.

A bicycle helmet only works if you wear it correctly!

- 1 Size:** Make sure it fits snugly. It shouldn't rock back and forth.
- 2 Position:** It should sit level on your head and low on the forehead.
- 3 Chin Strap:** Tighten until it is snug – no more than two fingers should fit under the strap.

For fun tips on how to be bike safe, visit us at MillerChildrens.org/kohls-cares



MillerChildrens.org/kohls-cares

Bud Carson *Middle School*

13838 S. Yukon Ave., Hawthorne, CA 90250 • 310/676-1908 • www.budcarsonmiddle.org



Patricia Jordan
Principal

Teacher of the Year

Congratulations to Janet Andrade, our California Project Lead the Way Teacher of the Year!

Ms. Andrade received this recognition at the statewide conference in Sacramento, where she was recognized for her outstanding implementation of the Gateway to Technology program. Ms. Andrade exceeded all expectations in her first year, and brought meaningful STEM activities to her students in the areas of design and modeling, robotics, and energy and the environment.

Her students are eager to share what a wonderful experience they are having in PLTW. “Ms. Andrade is giving us the skills we need to get a good job in engineering,” says Amber, a PLTW student. Amber has learned how to use a program called Autodesk that allows her to create 3D models.

Elana, another student, says that, “Ms. Andrade takes time to make sure that we really understand.” She uses RobotC software to program robots.

BCMS looks to build upon Ms. Andrade’s success and expand this program in the near future.



Janet Andrade

Eucalyptus *Elementary*

12044 S. Eucalyptus Ave., Hawthorne, CA 90250 • 310/675-3369 • www.hsd-ca.schoolloop.com



Gretchen Janson
Principal

Physically Fit and Having Fun!

This year, in an effort to ensure that we continue to improve the health of our students, we were able to foster a partnership with Providence Little Company of Mary’s “Creating Opportunities for Physical Activity” (COPA) program. This program is designed to teach students non-competitive games that encourage all students to enthusiastically participate and get moving. Each week COPA representatives come to the Eucalyptus campus for two hours and work with either our Kindergarten or First Grade students to jump, run, dance, and sweat their way to healthier bodies. This program not only gives

our students a chance to get active, but provides important weekly collaborative time for our primary teachers to meet with each other and plan for upcoming classroom lessons. We are fortunate to have the COPA program on our campus and we hope to continue this valuable community partnership.



This group takes a quick break from their COPA fun!



O.R. SHOW & TELL

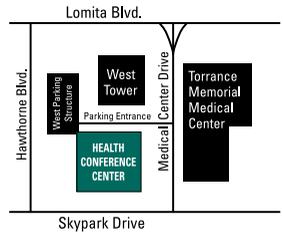
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Hawthorne *Middle School*

4366 W. 129th St., Hawthorne, CA 90250 • 310/676-0167 • www.hawthornemiddle.org



MESA Club Rocks!

Our Hawthorne Middle School MESA students worked very hard to prepare for the Pre-MESA day competition at USC!

The students worked individually or with a partner to complete their projects. They had an awesome time applying math and science concepts to compete in the event. One project required them to build a bridge out of Popsicle sticks and Elmer's glue. They tested the bridge's design by adding weight until it collapsed.

Our students also designed a mousetrap car and then measured the distance it traveled. They also constructed a balsa wood glider, a 3-D model of the human eye, and a prosthetic arm that could pick up and toss objects of different sizes.

But the most popular competition, the egg drop, required our students to build a package filled with eggs and then drop it from a building. There were 41 MESA students in competition, and 18 placed first, second or third in the different categories.

Rudy Salas
Principal



Hawthorne *Math & Science Academy*

4467 W. Broadway, Hawthorne, CA 90250 • 310/973-8620 • www.hawthornemsa.org



What a Success Rate!

APUSH? APES? When it comes to our APs, some of our HMSA students have a language of their own!

So what are APs, you ask? AP stands for Advanced Placement, and it is a special program that is run by the College Board.

There are several benefits to taking AP courses. Their demanding college-level coursework can help a student develop useful abilities like reasoning, analysis and problem-solving. These are skills which are critical for college and success.

Students who successfully complete an AP course are also awarded an extra point towards their grade point average (GPA). It has been shown that a higher GPA in high school can improve a student's chances of earning a bachelor's degree.

Also, the University of California admissions criteria gives added weight to applicants who have satisfactorily completed AP courses. Many four-year institutions also award college credit to students who earn qualifying scores on AP examinations. Entering with credit can save the family money, and the student time, by providing a good head start towards graduation.

HMSA offers a variety of AP courses in many subject areas, and we will be adding Computer Science "A" next year. AP testing will take place from May 6–17. Students who are interested in reaping the benefits of taking an AP course need to attend the informational meetings in May.

HMSA administered 226 AP exams last year, of which 77 percent of our students earned a score of "3" or higher, including 100 percent in U.S. History (APUSH) and Calculus BC! For more information on the Advanced Placement program, please visit <https://apstudent.collegeboard.org/exploreap>.

Esau Berumen
Principal

Jefferson *Elementary*

4091 W. 139th St., Hawthorne, CA 90250 • 310/676-9423 • www.hsdjefferson.org



The Harmony Project

By Michelle Prostrollo, Grants Project Facilitator

A privileged group of second- and third-grade students are enjoying the opportunity to learn how to play the flute, with two one-hour lessons per week during the Academic Lifelong Learning (ALL) after-school program.

Myka Miller, Executive Director of the Harmony Project, explained the program to parents and students at an introductory meeting. The Harmony Project is a nonprofit, award-winning, and research-based program which promotes positive youth development by providing year-round music lessons and ensemble participation. It is tuition-free, based on family income, and students are provided with their musical instruments at no cost.

Wendy Ostensen
Principal



At the end of the meeting, instructor Melisa St. Thomas played her flute for everyone in attendance. It was a delight to see the expressions on the many faces. There was excitement in knowing the students will be learning how to play this wonderful instrument.

Kornblum *Elementary*

3620 W. El Segundo Blvd., Hawthorne, CA 90250 • 310/970-4294 • www.hsdkornblum.org



Jennifer Beekman
Principal

Reading Every Day

We are promoting reading for fun at Kornblum! The students in each grade level are being encouraged to read every day for fun, and we are also encouraging 20 minutes of daily reading at home. Parents are urged to take their children to visit the local library and check out free reading books, as well as participate in all the fun programs there.

Meanwhile, the students in the second through fifth grades should be taking home a book from our school library every night. No excuses! If your child is not bringing home a library book please contact their teacher. Our students need to make certain too that they bring their library books back to school each day.

Thanks to generous funding from the Hawthorne Education Foundation, our new first-grade books are arriving shortly so that this grade level can join the Accelerated Reading program. All students in grades one to five will now have reading books to take home. The students must then pass a comprehension-based assessment on a classroom computer in order to move on to a more challenging reading level. This is very rewarding for our students!

Remember, the best way to improve reading skills is to read, read and read! Our literacy coach, Mrs. Johnson, organizes a list of our top readers. These students are later recognized at lunchtime and spirit assemblies with certificates and great prizes. Our staff always looks to catch their students reading and will randomly reward them with a drawing ticket for a special prize!

Prairie Vista *South Campus*

13928 Kornblum Ave., Hawthorne, CA 90250 • 310/970-7550 • www.hawthorne.k12.ca.us



David Mallchok
Site Administrator
Assistant Principal

Vision for Life

Did you know that one in five preschool children has a vision problem that affects their learning? Improving vision in these children will not only help improve their academic performance, it can also protect them from environmental hazards and enhance the overall quality of their social and personal lives.

The UCLA Mobile Eye Clinic visited the Prairie Vista South Campus in March. The Clinic's goal is to provide high-quality eye care to our underserved populations – particularly children and the elderly – who lack access to health care as a result of finances, transportation problems or cultural and language

barriers. It strives to give young, underserved children the vision they need to succeed in school and life by identifying, treating and preventing vision disorders. All services are free.

Our Prairie Vista South PREPARE preschool children have already received their vision screens, and those needing glasses will have them delivered within one month. Thank you, UCLA Mobile Eye Clinic!



Prairie Vista *Middle School*

13600 Prairie Ave., Hawthorne, CA 90250 • 310/679-1003 • www.prairievistamiddle.org



Christine Fagnano
Principal

AVID Continues to Grow

By Matt Rohrer, Teacher – Special Projects

Prairie Vista Middle School (PVMS) welcomed the Advancement Via Individual Determination (AVID) program to its curricular schedule in the 2011–2012 school year. AVID is designed to instill college readiness and academic rigor in a select group of students. AVID teachers received special training to prepare them to teach the AVID Program. Students receive intensive instruction in critical thinking, note taking, writing skills, and other areas shown to improve performance in the college setting. Thirty-five seventh-grade students were selected to be PVMS's initial group of AVID students.

PVMS is proud to announce the addition of a second AVID section for the 2012–2013 school year. New AVID students undergo a rigorous selection process, which includes completing an application, securing teacher recommendations, and participating in an oral interview. Thirty-five new students were selected to participate, bringing the total to 67 students currently enrolled in AVID.

This has been an exciting year for AVID. Students have participated in many activities including: parent nights; community improvement projects; a field trip to a University of California, Los Angeles football game and college-readiness fair; and a visit to California State University, Dominguez Hills. In an effort to teach responsibility, AVID students regularly participate in fund-raising to pay for their field trips. The AVID program has held sales at school, participated in a fund-raising night at a local grocery store, and held a fundraiser with a popular fast-food restaurant.

PVMS would like to wish our first graduating class of AVID students the best of luck in the 2013–2014 school year!



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Ramona *Elementary*

4617 W. 136th St., Hawthorne, CA 90250 • 310/675-7189 • www.hsdramona.org



Read Across America Day

In March, Ramona School observed Read Across America Day and celebrated Dr. Seuss's birthday to promote reading and literacy. The day began with several community members visiting Ramona to read a Dr. Seuss book to the students. Firefighters, police officers, Air Force servicemen, school board members, high school students, parents and our very own superintendent visited classrooms to read a book by the famous author.

Michael Collins
Principal

In the classrooms, students took part in various activities that included a Cat in the Hat scavenger hunt, making Cat in the Hat hats, and creating Oobleck, a mixture of cornstarch and water that



Hawthorne fire fighter reading to Kindergarten students.

got its name from Dr. Seuss's book *Bartholomew and the Oobleck*.

At lunch, parents were invited to Ramona to enjoy a picnic with the students on the playground. Students enjoyed listening to a story from their favorite book while they ate lunch with their friends and family.

The day ended with a fun filled Pajama Party Assembly. Students were encouraged to wear their pajamas to school to take part in the fun. We even had a pajama fashion show displaying the coolest pajamas in town!



Ms. Alvarez and her students had a fun "Dr. Seuss Day"

Washington *Elementary*

4339 W. 129th St., Hawthorne, CA 90250 • 310/676-3422 • www.hsdwashington.org



Family Literacy Night: Read All About It!

Spending quality time together as a family is so important to our students, and what better way to spend that time than sitting down and reading a book together! Families were provided with just that opportunity at Washington during our Family Literacy Night.

Angela Ortiz
Principal

Parents and their children came to school and enjoyed dinner provided by our PTO and then took advantage of several different stations, each with a different literacy-based activity that they could participate in and take home to repeat together. Activities varied from reading and following recipes to various grade-level-specific activities to practice reading skills that could be repeated at home.

Author Gladys Barbieri talked to the students about the power of writing and worked with them on writing a story of their own that they could continue on with their parents' support. We look forward to many more family nights and hope to see you there!



Author Gladys Barbieri with Washington students at Family Literacy Night.



Mike Goldstein
Principal

Recognizing Superstar Parents

Chances are that if you're visiting York School, you won't have to look hard to see friendly parents wearing volunteer badges and working on campus to make York safer, cleaner and more welcoming. On any given day, parent volunteers

can be seen working as crossing guards; supervising students before school, at recess and in the cafeteria; or assisting in the library and computer lab. Parents also work on projects for teachers in the parent center in Room 15, help with school fundraising, work the book fair, and volunteer for family nights and any other event at York.

"York parents are here for our children, whatever they need—if it's something we can provide, we do it," said Maria Bucio, PTO president.

In an effort to thank our parents, York recently had an awards ceremony and lunch to honor all parent volunteers for their hard work and dedication. Volunteers were called to the stage, awarded certificates, and thanked by York staff for making a difference.



Zela Davis *Elementary*



Kathy Carbajal
Principal

Celebrating Literacy Month

By Naomi Sakata, Special Projects Teacher

In February, Zela Davis School celebrated Literacy Month. Everyone got involved. Our wonderful parents created colorful reading posters for our cafeterias and outside fences. Teachers helped their students decide on their reading goals. Goals included reading 20 to 60 minutes per day, reviewing high-frequency words, and increasing reading fluency. Each week, a student from every class was chosen to receive a book.

We culminated our literacy celebration by hosting a Pajama Day at Zela Davis School as well as Read Across America Day. Every student who reached his or her reading goal received a Dr. Seuss pencil. Students wrote letters to invite parents, support staff and administrators to come read to their classroom. We had many guest readers on campus, including the Cat in the Hat!

Zela Davis Readers are Tomorrow's Leaders!



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Can You Canoe?



Kate Karp

The Okee Dokee Brothers—actually lifelong friends Justin Lansing and Joe Mailander—invite us on a canoe trip down the Mississippi by grace of their 2013 Grammy-award-winning CD/DVD combination. The DVD’s video chronicle of their monthlong trip is a study in geography and sociology, utterly American in the topographic and literary senses. Trains rumble by on the riverbank, turtles lay their eggs in the mud, two children dressed as Becky Thatcher and Tom Sawyer are captivated by the Brothers’ challenge to spell *Mississippi*.

It’s hard to select a standout selection on the music-only CD.

Like the Mississippi, the songs flow into the motif of the river journey. American traditional bluegrass and melody lines from familiar public domain sea chanteys and folk songs combine to re-form as the paddles that move the craft. Lansing and Mailander play banjo and guitar, respectively, and the canoe’s crew, if canoes have crews, consists of technicians, photographers, guest artists, and musicians who play everything from accordions and fiddles to bass harmonicas and tomato boxes. The CD is easy to listen to and provides a great background to the outstanding, remarkable DVD video.

Evident to viewers and listeners will be the strong undercurrent of respect for and appreciation of the beauty of everything nature manifests, from the soaring water birds to the terrible storm that uprooted their tent to 22 pesky mosquito bites. Completing the theme is the wisdom of the river people. In the most memorable part of the video, Kenny Selway, the “last river rat,” spoke of the generations before him and the trouble on his mind: the eroding respect for the river’s ecology. The Okee Dokee Brothers brought this home with them, and it’s their souvenir gift to you.

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

Friendship



I have great memories of friends coming over after school. We’d play in my room or outside and just have fun. As I got older, I remember how important it became to have those friends around when we had to study together, attend school events, or even wish one another a great summer.

Preschool is the opportune time for our children to learn how to be good friends, to make friends, and most of all, to play. In elementary school, things get busier. Homework, sports, dance classes, piano—I remember when a friend of mine let her children play outside and they couldn’t find anyone to play with. She finally realized they were all at after-school activities! She immediately decided to make sure she didn’t overschedule her own children. Her experience has stayed with me for years.

Our son, who’s in first grade, just started basketball, and he loves it. But the highlight of his week occurs on Wednesdays, when one, two or three friends from school are invited to play. Word has spread, and the number of children waiting to play is quite something! The laughs, joy and spontaneity remind me of when I was their age.

Open-ended play is extremely important as our children get older. They play ball, run—and the laughs! Truly the best part!

Spring is here—the perfect time to invite friends over to play. Whether outside or inside, you’ll help create great opportunities for your children to develop lasting and meaningful friendships.

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

Word Search Contest—Words Associated with School

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 HAW in subject line)

Entries must be received by May 25, 2013

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

- | | | |
|------------|-------------|------------|
| Achievers | Focused | Principal |
| Character | Homework | Recess |
| Classrooms | Instructors | Reunion |
| Curiosity | Integrity | Student |
| Discipline | Learning | Success |
| Educators | Mentors | Technology |
| Encourage | Nutrition | Thinkers |
| Excellence | Parents | Workers |

Congratulations to our March issue Winner!
The Mazimo Family

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

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*The Master of Education program is currently available on campus with full WASC and NCATE accreditations. The proposal for the online version is currently in review and is in process for WASC then NCATE approvals, which are expected to be awarded by spring of 2013. The program will be submitted for review to NCATE/TEAC in spring 2013.

Cut Back on Your Kid's Sweet Treats

Reduzca el consumo de golosinas de sus hijos

Tips to decrease added sugars

Limit the amount of foods and beverages with added sugars your kids eat and drink.

If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

Consejos para reducir el azúcar adicional

Limite la cantidad de alimentos y bebidas endulzadas que sus hijos comen y beben.

Si no los compra, sus hijos no los beberán muy a menudo. Las golosinas y las bebidas endulzadas tienen muchas calorías pero pocos nutrientes. La mayoría de los azúcares adicionales provienen de gaseosas.

1 serve small portions

It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

2 sip smarter

Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.

3 choose not to offer sweets as rewards

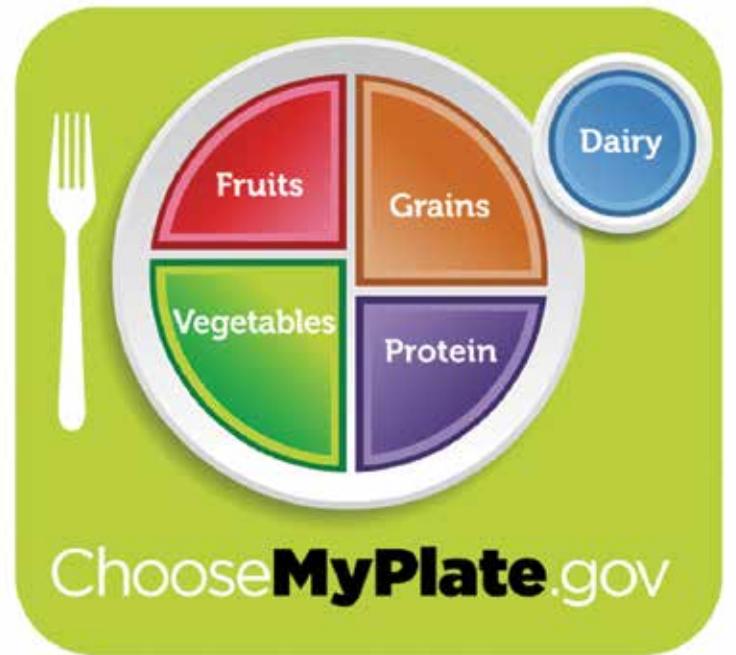
By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

4 if kids don't eat their meal, they don't need sweet "extras"

Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

5 make treats "treats," not everyday foods

Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.



sirva porciones pequeñas

No es necesario eliminar completamente los dulces y los postres, pero enseñe a sus hijos que las golosinas en cantidades pequeñas son suficientes. Use tazones y platos más pequeños para servir esos alimentos. Permita que sus hijos compartan una barra de dulce o un bizcocho grande.

beba juiciosamente

Las gaseosas y otros refrescos dulces contienen mucho más azúcar y más calorías. Cuando sus hijos tengan sed ofrézcales agua, 100% jugo o leche descremada.

no ofrezca dulces como recompensas

Al ofrecer alimentos como recompensas del buen comportamiento, los niños aprenden a pensar que algunos alimentos son mejores que otros. Recompense a sus hijos con palabras cariñosas y abrazos de consuelo, u ofrézcales otros artículos no comestibles como calcomanías para que se sientan especiales.

si los niños no se comen sus comidas, no hay que darles dulces "extra"

Tenga en mente que los dulces o las galletitas no deben reemplazar los alimentos no consumidos a la hora de comer.

haga que las golosinas sean "especiales" no comidas de todos los días

Las golosinas son fabulosas de vez en cuando. Pero no haga que sean comidas de todos los días. Limite las golosinas y dulces a ocasiones especiales.

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T
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Hawthorne School District
FOOD SERVICES

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