

**FREE**

# School News



*Education + Communication = A Better Nation*

**Covering the Long Beach Unified School District...and more!**

Volume 16, Issue 123

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**Covering the  
LONG BEACH UNIFIED SCHOOL DISTRICT  
...AND MORE!**

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**Kay Coop**  
Founder/Publisher



As this year comes to a close I would like to thank you for continuing to include *School News* among your reading choices. This is our 16th Anniversary publishing *School News* and the good news just keeps on coming in the classroom. This issue you will read about AstroCamp, Exposure in 3-D, ACCESS-ing Great Things, Bilingual, Biliterate and Bicultural, and so much more.

Each issue our contest entries increase. I publish 28 *School News* publications and they are all posted on our web site and each one has a contest you are welcome to enter.

Contests are open to all ages.  
[www.schoolnewsrollcall.com](http://www.schoolnewsrollcall.com)

As we are preparing to go to print the Paris terrorist tragedy is fresh on our minds. We are grateful and thankful for the men and women in our armed forces protecting our homeland. Our thoughts are with them as we enjoy the holidays with our families.

Please remember to tell our advertisers you saw their ad in *School News*.

Our next issue is February 10. In the meantime, Happy Holidays, Merry Christmas and Happy New Year!



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## City of Long Beach, City Auditor



### The Gift of Time

Believe it or not the holiday season is here! While this is a very exciting time of year it is also a time when it's easy to get caught up in the "busy-ness" of the season.

Recently I saw a commercial shared on social media that really impressed me. Its message was a good reminder of what really matters most. The commercial shows children being asked to write two letters. In

the first letter they are asked to make a list of what gifts they would like. The children then excitedly write as fast as they can a list of their favorite toys. For the second letter, they are asked to make a list of what they would like from their parents. The children pause and think hard about this important question before they write. When the letters are done, the second letters are handed to their parents to open.

The commercial shows the parents one by one opening and reading the letter of what their child would like from them. Here are a few examples of their simple requests:

"I want you to spend more time with me...that we do more experiments at home."

"I'd like it if you paid a little bit more attention to us."

"I'd like it if you would have dinner with us more often."

"I want you to tickle me."

"I wish you would read me a story."

"I want us to be together for one whole day."

"I want you to play cowboys with us."

"I want you to play soccer with me."

The commercial closes with one final question to the children, "If you could only send one of the two letters, which one would it be?"

Each child came to the same conclusion, they would all send the letter to their parents.

May we all enjoy the holiday season and embrace the simple traditions that will strengthen our relationships with our children.

333 West Ocean Blvd., 8th Floor, Long Beach, CA 90802 • 562/579-6751  
www.CityAuditorLauraDoud.com

## City of Long Beach, City Prosecutor



### Kids Should Do Chores

LBUSD is producing some great kids. Anyone who spends time volunteering at our schools or with organization serving local kids knows this.

But parents may wonder what else they can do to help their kids become independent and work-ready. According to experts, the secret to success is having kids do the work.

According to *Raising Can-Do Kids*, authored by a developmental psychologist, giving kids household chores can benefit them academically, emotionally, and professionally the rest of their lives. Spend less time focusing on your child's getting all A's on a report card, for example. Parents might accomplish more good by having kids wash the dishes than hit the books, the author asserts.

Apparently, it is never too early to start your kids on chores. One university professor tracked children, from preschool to teenage years, through their mid-20's, finding that those in their twenties who began chores the earliest (ages 3 and 4) were more likely to achieve success and be self-sufficient when compared to those who never had chores or started doing chores in their teenage years. The study suggests chores help kids build a sense of responsibility, competence, and self-reliance – skills that all youth need to become job-ready.

In *How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success*, another author observes too many kids are entering college without basic decision-making skills. This is the result of over-protective "helicopter parents," who are so busy guarding their kids from failure that the kids don't learn how to cope when presented with life's inevitable letdowns.

The author, the freshman dean of students at Stanford University, urges parents to "back off." Let your kids gain independence and self-reliance if you really want to help their kids succeed in life.

I don't consider myself or my wife to be "helicopter parents," but my teenage daughter disagrees. After reading what these experts have to say, I plan to ground the helicopter, loosen the leash, and let my kids experience more freedom (and more household chores). Then, I can sit back and celebrate my accomplishments as a parent—by doing less and letting them do more.

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**Dr. Robert Garcia**  
Mayor

**Compact of Mayors**

On November 9, in a brief ceremony at the Cesar Chavez Park Children's Garden, I signed the Compact of Mayors to join the world's largest coalition of city leaders addressing climate change.

More information about the Compact is here: <http://www.compactofmayors.org/>

The City of Long Beach has already been working to combat and adapt to our changing climate, and those efforts will continue. But now, as part of the Compact of Mayors, the City will expand its efforts.



Some of our climate change initiatives already underway or planned for the near future include:

- Community-wide inventory of greenhouse gasses by the middle of 2016
- A major report from the Aquarium of the Pacific for best practices in creating a climate resilient city
- Continuing the Green Port Policy and the dramatic reduction of emissions at the Port
- A Civic Spark Fellow dedicated to research
- Recommendations from the Sustainable City Commission for expanding electric vehicle infrastructure
- The addition of more than 1 megawatt of solar panels at City facilities in the next year
- Planting 6,000 new trees by 2020.
- All new City government buildings being built to the LEED green building standards, and LEED required in all new major private developments.
- Support for urban agriculture, with more than 18 community gardens and urban farms across the city boosting the local food movement.
- Expansion of bicycle and pedestrian infrastructure
- Nearly 2,000 Lawn-to-Garden transformations have been completed, saving both water and energy
- A Federal study, funded partly by the City, of the San Pedro bay ecosystem

This compact is extremely timely, as world leaders prepare to gather in Paris at the end of this month for the United Nations Climate Change Summit. The City of Long Beach must continue to be a leader in adapting to climate change. I'm proud to stand with mayors from around the world who have committed to climate resiliency and sustainable practices.

333 West Ocean Blvd., 14th Floor, Long Beach, CA 90802 • 562/570-6801  
www.longbeach.gov



**Larry Forester**  
Mayor

**Make a Difference**

The holidays have the potential to create additional challenges for those in need. Though the economy is slowly strengthening, families continue to cut back, people are apprehensive about job security or unemployment, and seniors are concerned about their retirement. That is why it is important to view the holidays as an opportunity to enhance your communities' well-being by volunteering.

Many local agencies and charity organizations are seeking volunteers, young and old, for programs such as holiday soup kitchens, letters to the troops, toy drives, and adopt-a-family programs. Other forms of kindness can be as simple as helping a neighbor take out the trash or donating your children's old toys to your local after-school program.

Helping those who are living in true poverty may help you put your own economic struggles in perspective. So this holiday season make a difference in your community and spread some holiday spirit through the new year as your 2016 New Year's resolution.

To learn more about how you can serve please contact the City of Signal Hill Community Services Department at (562) 989-7330 or by email at [ComServices@cityofsignalhill.org](mailto:ComServices@cityofsignalhill.org).

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# Long Beach Department of Health and Human Services

## The Holiday Blues



**Dr. Mitchell Kushner**  
City Health Officer

The "Holiday Blues" resonates with many during the upcoming season. Here are some tips and coping mechanisms before the festivities begin.

1. Don't force the festivity: "Honor what you are feeling and don't force yourself to feel something you're not. You are not alone, even during this time of year.
2. Set Realistic Expectations: People need to realize that the holidays are not going to be perfect. The holiday season is not a time to cure all past problems.
3. Loneliness: Separation from family members and not having a significant other can be particularly difficult at this time of year. Help someone else and volunteer. Give to others and really experience what this season is about. Plan ahead and minimize your difficult feelings. Fill your calendar with fun events beforehand.
4. Financial Hardship: One of the joys of the season is to give to others. Know your spending limit and stick to it. Enjoy activities that are free, such as driving around and looking at the holiday decorations. Think of giving less materialistic gifts. Your time and homemade items will help your stress level as well.

3. Sun and endorphins: Even though we have an amazing climate here in Long Beach, be sure to get some sunlight as the days get shorter, and don't forget to exercise (this includes just walking).
4. Create your own traditions: Contrary to popular opinion, there are no rules on how to spend your holidays. Plan your own activities, and don't wait until the last minute, or you are going to feel overwhelmed.
5. Stay Healthy: Don't eat and drink more than usual just because it's the holiday season. Get plenty of sleep and schedule time for exercising.

Remember that the holiday blues are usually temporary, but if you experience a prolonged depression, share your feelings with others and seek professional help. No matter what is happening in your life, think of the blessings you do have. Take stock of all the positives in your life right here and now!

Here is wishing all of you a joyous and prosperous holiday season!

2525 Grand Ave., Suite 106, Long Beach, CA 90815  
[www.longbeach.gov/health/](http://www.longbeach.gov/health/)

## STAY CONNECTED...

with the City of Long Beach Department of Health & Human Services

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**LONG BEACH**  
HEALTH & HUMAN SERVICES

# Miller Children's & Women's Hospital Long Beach

## Choosing the Right Hospital for Your Child



**Rita Goshert**  
Manager,  
Child Life Program,  
Miller Children's &  
Women's Hospital  
Long Beach

Children and adults are different and so are their health care needs, so when a child needs hospitalization, choosing the right doctor, care team and hospital is important. Here are some things to consider if your child should ever need care in a hospital.

### Board-Certified Pediatric Specialists

You should expect a kid-friendly care team that includes board-certified pediatric specialists, nurses and other health care professionals, all extensively trained in pediatric medicine and who specialize in treating your child's condition.

Children are not little adults – many of the conditions and needs they have are unique.

## Patient and Family Centered Care

Considering the family as part of the care team is essential to a successful recovery for children. Make sure the hospital you choose understands the importance of this partnership.

A unique aspect of a children's hospital is access to child life specialists. For children, hospitalization can be the most frightening experience of their life. A child life specialist's primary role is to normalize the unfamiliar environment of a hospital.

## Environment

A pediatric environment should provide comforts to help lessen children's anxieties and fears. Look at the physical environment of the hospital. Is the décor welcoming for children? Is there an area dedicated to play? What comforts are offered for families?

At Miller Children's & Women's Hospital Long Beach, everything from the kid-sized equipment to the artwork on the walls is tailored just for kids. For more information on the specialized pediatric care offered at Miller Children's, call 800-MEMORIAL or visit [MillerChildrens.org](http://MillerChildrens.org).



2801 Atlantic Ave., Long Beach, CA 90806  
800-MEMORIAL • [www.MillerChildrens.org](http://www.MillerChildrens.org)

## Every Child is Unique. So is Their Care.

Many children's illnesses are rarely seen in adults or affect kids differently. That's why children need access to Miller Children's & Women's Hospital Long Beach — a hospital dedicated exclusively to the quality and compassionate care of kids, teens and expectant mothers.



### Medical Home for Chronic Conditions

Miller Children's brings more than 30 different unique types of specialty doctors together, under one roof to ensure children get the best care for their growing bodies.



Follow the leader to Miller Children's.

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[MillerChildrens.org](http://MillerChildrens.org)

## Arts Council for Long Beach

### Long Beach Schools Participate in PTA Reflections

By Mandy Matthews, Arts Education Associate

The National PTA Reflections program is in full swing at many Long Beach schools. Under the Reflections program, thousands of students in the country will create original art pieces based on a unique theme in the categories of visual arts, film production, dance choreography, literature, music composition and photography. The theme for the 2015–2016 competition is “Let Your Imagination Fly.”

Reflections is a comprehensive program that encourages creativity and supports aspiring artists at a young age. The Arts Council would like to thank the Long Beach PTA for organizing Reflections and inspiring young artists in our city.



Flames, Analise Mirsec, Pastels on paper.

350 Elm Avenue, Long Beach, CA 90802 • 562/435-2787  
www.artslb.org

## Rancho Los Alamitos

### Holiday Celebrations at Historic Rancho Los Alamitos

By Pamela Seager, Executive and Project Director

Celebrate the holidays at Rancho Los Alamitos with old fashioned traditions established during California’s early ranching era. In the 1930s Florence Bixby hosted parties with wrapped gifts for the ranch hands’ children which were placed under the ceiling-sweeping Christmas tree in the ranch house. In keeping with that custom, the Rancho will offer family-friendly holiday gatherings. Families are encouraged to visit during the three-day Holiday Open



House to be held on December 17, 18 or 19 from 4-8pm for the Yuletide sparkle of the ranch house, the magnificently trimmed tree, holiday treats and strolling carolers. Call the Rancho at (562) 341-3541 for reservations which are required for parking.

6400 Bixby Hill Rd., Long Beach, CA 90815 • 562/431-3541  
www.rancholosalamitos.com

## Long Beach Public Library

### Reading Aloud is For Every Age

By Maureen Neeley, Long Beach Public Library

It’s winter and the perfect time to snuggle with your children and read aloud a good book.

Reading aloud to your children is one gift they will never forget. “Reading aloud,” according to the Department of Education’s Commission on Reading, “is the single most important activity for building the knowledge required for eventual success in reading.” Sometimes parents stop reading aloud to their children once they begin to read on their own; however, this decision misses opportunities to build attention spans, increase vocabulary and foster bonding. Time can be found while kids do the dishes, are in the car with a book on tape, or during the traditional bedtime hour.



Be sure to check with your local librarian for some great read-alouds. The Long Beach Public Library has booklists with recommended titles for preschoolers through eighth grade for parents and children to share together.

Main Library 101 Pacific Ave., Long Beach, CA 90822 • 562/570-7500  
www.lbpl.org

## American Business Women’s Association

### Chiropractic Success Story

By Cecile Harris Walters, National Ambassador and Member of the Diamonds of Southbay Chapter, Long Beach, CA



Lisa Montross  
National President

Marta L. Callotta DC CCSP has been a Chiropractor since 1996. While attending chiropractic college she had the good fortune of receiving a scholarship from ABWA, which enabled her to graduate with honors from Los Angeles Chiropractic College in Whittier

CA. She opened her Long Beach practice in 1998 and is in same location today. Accomplishments include serving in New York during 911 and the San Diego Wildfires in 2007. She is a chiropractor for Team USA Beach Volleyball and travels the world supporting the team. She loves her practice and her patients and enjoys teaching people how to be the best they can be, naturally.

For more information on scholarships for women, email [charriswalters@gmail.com](mailto:charriswalters@gmail.com).

ABWA brings together businesswomen of diverse occupations and provides opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition. 562.591.2625 • [www.abwa.org](http://www.abwa.org)

# Leadership Long Beach



**Ruby Pittmanr**  
Youth Leadership  
Class of 2015r

## Leadership Retreat Experience

Youth Leadership Long Beach (YLLB) is an organization based in facilitating success through leadership skill building to a few select Long Beach youth every year. Community service throughout Long Beach, the power and position of working with others, and leading by example with leadership principles, have been sincerely instilled in me since being selected to join the program over a year ago.

Last year, I was a class member, along for the nine-month journey for personal growth. This year, I serve as a chair member to 35 outstanding Class of 2016 members. In late October, the class, my fellow chairs, and adult alumni embarked on a two-day Big Bear leadership retreat. As part of this annual retreat, we emphasize, "What happens on the mountain, stays on the mountain." However this year, I want to give you a little peek. I realized mid-bus ride after everyone participated in our icebreakers that I was no longer the student, but now a facilitator. The mountain experience was not about me, but for the 2016 YLLB class members. On the mountain, from group talks to one-on-one connections, the bond of the class grew, and the understanding of the leadership principles (my favorite being teamwork), was evident.

After the retreat, I saw big and positive changes in every class member. They have remained connected, and prior to their next meeting, they attended each other's school functions, went trick-or-treating together, and translated their challenge areas to areas of strength by stepping out of their comfort zone. To know that I had a part in their personal growth on the mountain, has been rewarding. To remain committed to this organization and what it does, is a blessing, and I only hope to keep helping the Long Beach community.

About Leadership Long Beach: Leadership Long Beach was founded in 1989 as a civic improvement program that would serve the community by educating and motivating leaders on issues important to the future and sustainability of our city. [www.leadershiplb.org](http://www.leadershiplb.org) or [www.facebook.com/leadershiplongbeach](http://www.facebook.com/leadershiplongbeach) 743 Atlantic Ave., Long Beach, CA 90813 562/997-9194

# Financial Tips-LBS Financial Credit Union



**Jeffrey A. Napper**  
President & CEO

## Manage Your Holiday Spending

Taking control of your budget and spending can eliminate the stress that most people experience during the holiday season. We often forget that this most wonderful time of the year is more about spending time with your loved ones and not about overspending and extravagant gifts.

Reflect on your holiday bills from a year ago and decide whether you can afford the same budget or if things are tighter on the pocketbook this year. You can substitute some of the expensive gifts on your list by giving the gift of time. There is nothing wrong with making your own gifts. In fact, other people find this really sentimental and more personal that you took the time to create something special for them.

Some ideas for homemade gifts are making scrapbooks of shared memories, baking cookies, cakes or tickets/ vouchers for certain services that you would like to give to your loved ones such as: running errands, washing their car, babysitting, cooking a nice dinner, just to name a few possibilities. Think about your most cherished gifts throughout the years – they are probably some of the most personal and thoughtful gifts you've received.



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# Long Beach City College



**Eloy Ortiz Oakley**  
Superintendent-  
President

## Home to Premiere Culinary Arts Facility

The culinary arts have never been trendier, thanks to the popularity of cable cooking shows, celebrity chefs, social media and food blogs. Restaurant industry employees are in high demand in our region, from skilled chefs to capable managers.

Long Beach City College is ready to help meet that demand, and better serve our students, with an impressive, new state-of-the-art Culinary Arts facility that welcomed its first students this fall. It is one of the top educational facilities of its kind in all of Southern California.

LBCC students now learn culinary techniques in seven large instructional kitchens: restaurant, production, skills, baking, pastry, multi-use, and demonstration. The average kitchen size is 1,760 square feet, with four main kitchen labs more than 2,000 square feet each. All kitchens are equipped with video monitors for students to get a close-up view of faculty instructors as they demonstrate detailed culinary techniques.

Students are also gaining hands-on experience by working in a real-time environments, with our new

student-run restaurant and bakery counter. They receive training in all aspects of the business, from hosting and service to preparing three-course meals. At the bakery counter they work at a fast pace, taking orders, ringing up customers and preparing pastries and coffees.

The new Culinary Arts facilities are part of a larger, \$44-million building that also houses the math department. The construction is part of a 15-year, \$616-million LBCC modernization program funded by voter-approved bonds. We are now in our 10th year of LBCC's modernization program, thanks to ongoing support from you, our community. Your investment in LBCC is giving our students the vital tools they need to meet their educational goals and find successful, fulfilling careers.

If you or a family member is interested studying culinary arts, or pursuing any of LBCC's high quality certificate or university transfer programs, please find out more by visiting our website at [www.lbcc.edu](http://www.lbcc.edu).

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**Jane Close Conoley**  
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**Graduation Rate Increases**

The California State University, Long Beach (CSULB) six-year graduation rate for first-time freshmen has risen – again – to just under 67 percent. This rate is well above the national average rates for public large master’s universities (48 percent, according to College Results Online) such as CSULB and for U.S. universities of all types.

Also important, the rate for underrepresented students increased a whopping five points to 63 percent. This rate is far above the national average rates for public large master’s universities (38 percent). With this gain, CSULB’s achievement gap between underrepresented students and other students decreased by more than one-third. CSULB has graduation achievement gaps only for freshmen; underrepresented transfer students graduate at the same rate overall as other students on our campus, although college results vary. CSULB remains focused on closing gaps where they exist.

The 5 percent increase represents 83 more underrepresented young people who earned valuable degrees in May than would have at the graduation rate for 2014. In addition, 18 more non-underrepresented students received valuable degrees.

CSULB has now added about 14 points to its six-year graduation rate with the past four freshman cohorts. The average gain for U.S. public large master’s universities over a decade has only been 4 percent (according to College Results Online).

CSULB has become a national model for success with the current generation of college students: diverse, often first generation, frequently from low-income school districts and families. The American Association of State Colleges and Universities recognized CSULB with the award for Excellence and Innovation last year.

1250 Bellflower Blvd., Long Beach, CA 90804 • 562/985-4111  
<http://www.csulb.edu/>



**Christopher J. Steinhauer**  
Superintendent

**N.Y. Times Lauds L.B. Schools**

A recent commentary piece in the *New York Times* calls the collaboration among Long Beach’s K-12 schools, community college and state university “a strategy worth emulating” and notes significant progress in college admissions and scholarship attainment.

The article, “A New Way to Improve College Enrollment,” appeared in the widely read Sunday Review section of the Times and is available at [nytimes.com](http://nytimes.com). The writer,

David L. Kirp, is a public policy professor at the University of California, Berkeley and is a regular contributor to the newspaper’s commentary page.

We’re honored that such an accomplished writer chose to feature our local K-12 and higher education school systems and their 200 or so ongoing, successful partnerships with one another. Professor Kirp has authored 17 books, was a member of the 2008 Presidential Transition Team, and frequently speaks on college campuses in the U.S. and abroad, including Harvard, Columbia, UCLA, Stanford, the University of Virginia, Boston College, NYU, Amherst, Glasgow, Melbourne and Oslo. He started as a professor at UC Berkeley back in 1971, shortly after earning his law degree from Harvard. He has studied and written about education for decades, and he knows a good thing when he sees it.

His article highlights the Long Beach College Promise, which guarantees local high school graduates a tuition-free year at Long Beach City College. If students meet the minimum academic requirements, they’re also assured admission to Cal State Long Beach, which is “one of the country’s top regional schools,” Kirp writes.

“This guarantee has been a game-changer for a city whose economy was battered by the closing of the naval base, the decimation of the local aerospace industry and, more recently, the Great Recession,” the article states. “Three-quarters of high school graduates now enroll in college, 10 percent above the national average. Many stay in Long Beach after earning a bachelor’s degree, improving the city’s economy. Early awareness, college preparedness, college access — it’s a strategy worth emulating.”

The article goes on to describe the Promise’s recent expansion to include the City of Long Beach as a partner, with added focus on preschool and internship opportunities.

“The Long Beach collaboration offers a textbook illustration of what business gurus call continuous improvement,” the professor states.

We couldn’t agree more, and we thank everyone in our schools and community who makes these successful collaborations possible.

**LBUSD Board of Education**



**Dr. Felton Williams**  
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## Alvarado *Elementary*

### Red Ribbon Week



**Lucy Salazar**  
*Principal*

Red Ribbon Week at Alvarado Elementary School is dedicated to educating our students on the importance of leading substance-free, healthy lives. Red Ribbon Week is an annual drug and violence prevention awareness event held in October. Our staff did an amazing job of helping our student's understand the importance of Red Ribbon Week and its impact.

The main entrance was covered with balloons and ribbons for all the students and their families to see. Students had the opportunity to either decorate their classroom doors or draw posters to "Say NO to Drugs." Students also purchased candy grams to "Say BOO to Drugs!" and sent them to their favorite teachers and friends.

1900 E. 21st St., Signal Hill, CA 90755 • 562/985-0019  
[www.lbschools.net/alvarado](http://www.lbschools.net/alvarado)

## Bancroft *Middle School*

### Veteran's Day Celebration



**Kimberly Dalton**  
*Principal*

*By Angela Suttles, Assistant Principal*

In November, Bancroft Middle School hosted its inaugural Veterans Day celebration and concert. It was an awe-inspiring ceremony, honoring and recognizing the many men and women in the community that have served our country. Students, staff, parents and community were able to take part in a program that demonstrated honor, dignity and respect to veterans of the armed forces.

Bancroft teacher Gail Hamilton organized and spearheaded the production of the event. The students in room 504 decorated the auditorium in a patriotic motif that welcomed veterans and the community. The program was hosted by science teacher Kevin McCarthy. Bancroft's cheerleading team encouraged and infused life into the crowd that gathered in the auditorium. The presentation of colors was performed by the Lakewood High School Color Guard under the direction of Gunnery Sgt. Nacoste. The Bancroft Advanced Band, under the direction of Mr. Allen, played a medley of patriotic songs that are significant in American history.

The entire school community was able to participate in the celebration and concert thanks to a live broadcast by the Bancroft News Network (BNN).

5301 Centralia St., Long Beach, CA 90808 • 562/425-7461  
[www.lbschools.net/bancroft](http://www.lbschools.net/bancroft)

**Contest**  
You'll need this  
page number for the  
contest on page 23.



## Barton *Elementary*

### Technology Upgrade Buzz



**Richard Littlejohn**  
*Principal*

Barton Elementary is in the midst of technological advancement! Staff and School Site Council have collaborated to bring technology to our students to support their transition to the SBAC and technology use.

Each K-2 classroom will get a much-needed technological boost with five Google Chromebooks in every classroom to supplement small-group instruction in reading, writing and math. Grades 3-5

will receive four mobile HP Notebook carts outfitted with wireless printers, which will be used to advance our studies in reading, writing and speaking/listening standards. Additionally, a brand-new computer lab will be added to our campus. We also welcome our first-ever technology college aide!

Our school has added an after-school enrichment class focused on robotics. Our current class of robotics engineers finished up in November, and the second set of enrichment robotics classes start in December. In addition to the class, our Underwater Robotics Team will begin their work to compete in the U.S. Navy Sea Perch Southern California Regionals in spring.

We are excited about the direction of our STEM program and preparing our students for college and careers! Go Bears!  
1100 E. Del Amo Blvd., Long Beach, CA 90807 • 562/428-0555  
[www.lbschools.net/barton](http://www.lbschools.net/barton)

## Beach *High School*

### Making Personal Connections



**Troy Bennett**  
*Principal*

Many of our students have earned 20 credits this quarter, and are looking forward to returning to the comprehensive school site. Others are looking forward to graduating this year.

The first quarter saw several highlights. Students from the Male Academy went on a field trip to the California African American Museum to participate in a workshop about West African art. Several students are participating in the CNA training and certification program. Students also attended the Building Bridges Camp to help improve their skills in social justice, advocacy, and conflict resolution.

Many of our students are also working in the field with a Career Technical Education (CTE) class called Careers with Children.

Beach High School students benefit from a highly skilled and caring staff. Our staff members make personal connections with students, while also equipping them with the skills they need for future college and careers.

3701 E. Willow Ave., Long Beach, CA 90815 • 562/595-8893  
[www.lbschools.net/beachhs](http://www.lbschools.net/beachhs)

## Burcham (K-8)

### Supporting Children with Cancer



**Chris Eckert**  
*Principal*

The Burcham Elementary School Student Council, teachers Barbara Masuyama and Patti Nelson, and principal Chris Eckert organized a fund-raiser event to support children

with blood cancer. Children were encouraged to look through couch cushions, under beds, in junk drawers, and throughout the house for spare change. They brought the change to school and competed against other classes to see who could raise the most money for children with cancer right here in our community.

November is Kindness Month, so students definitely showed kindness by helping others. Anyone can contribute



to this wonderful cause by visiting our school Web site and making a donation. The Burcham Bobcats care for their community!

5610 Monlaco Rd., Long Beach, CA 90808 • 562/420-2685  
[www.lbschools.net/burcham](http://www.lbschools.net/burcham)

## Burbank *Elementary*

### Candy and Canned Goods



**Vanesha Davis**  
*Principal*

Burbank School loves this time of year, when we can give back to the school community in a couple of ways. Our first school-wide event on October 23, Burbank's Annual Trunks and Treats event. This event is always a hit with our students and their families. Teachers, parents, and other staff members decorated their cars so that our community could have a safe holiday experience. From spooky to seasonal,

creative to cartoons, Burbank had cars themed out to the max. Food trucks and games galore were also spread out across the playground, and lots of fun was had by all.

Burbankians also love to give to the Long Beach community. This year, we are teaming up with Food Finders to support the food bank by collecting canned goods and other food items that are desperately in need. Burbank Student Council members helped to organize this event from November 1-18.

Way to go, Burbank students and families, for your continued generosity!

501 Junipero Ave., Long Beach, CA 90814 • 562/439-0997  
[www.lbschools.net/burbank](http://www.lbschools.net/burbank)

## Birney *Elementary*

### What's All the Buuuzzz?



**Athena Uribe**  
*Principal*

*By Monica Bernales*

Birney welcomed its newest principal, Athena Uribe. She's made a great impact on teachers, staff, students and parents. One of her first projects was to start the Birney Student Council Committee. With the help of Ms. Torres, Ms. Goodman and me, the project took off.

In early October, fourth- and fifth-graders were invited to attend a meeting about Student Council. Student attendance was overwhelming—60 students displayed interest in running for Student Council positions! They displayed their campaign posters around campus and distributed flyers, business cards, handouts and bookmarks. The speech assembly was a success, with every candidate pledging to make school life fun, improve school spirit, take pride in school functions and commit themselves to serve Birney.

The elected officers were announced during a November assembly for students, teachers, and parents. All students who participated in the Student Council race were given a certificate of participation to thank them for their time and effort and for displaying outstanding behavior and exemplary attitude.

The Student Council Committee has exciting plans for this academic year. Congratulations to the newly elected officers!

710 W. Spring St., Long Beach, CA 90806 • 562/427-8512  
[www.lbschools.net/birney](http://www.lbschools.net/birney)

**Happy Holidays!**



## Bryant *Elementary*

### Doctors for Diversity



**Matt Hammond**  
*Principal*

Is there a doctor in the school? Each year, Bryant has the privilege of having “Doctors for Diversity” visit our school to help inform and inspire our students.

Dozens of white-coated students from the UC Irvine Student Medical Association arrive on campus to share the wonders of medicine.

They offer interactive presentations that allow children to engage with medical equipment and learn how the body works. Students have the opportunity to feel their heartbeat and pulse, see the heart in action on a live ultrasound, hear it pump blood, and more.

The goal of this program is to provide our students with positive role models, and encourage them to pursue higher education through further activities in science, health care, and medical technology.

4101 E. Fountain St., Long Beach, CA 90804 • 562/498-3802  
[www.lbschools.net/bryant](http://www.lbschools.net/bryant)



## Carver *Elementary*

### Learning Garden



**Sarah Forrester**  
*Principal*

*By Erin Richey, Teacher – 4th and 5th Grades*

Carver Elementary School’s Learning Garden is in full bloom thanks to the support of Carver’s PTA! A group of parents has taken on the task of organizing the planting and maintenance of the Learning Garden!

Parent Heather Transue, with the help of other parent volunteers and Carver students and teachers, spent an afternoon planting herbs, vegetables, and flowers in our Learning Garden. We were also fortunate enough to have a local nursery donate plants and supplies to help make Carver’s garden look amazing!

Each of our classrooms has multiple opportunities during the school year to harvest the vegetables and assist with watering, with Volunteers In Public Schools (VIPS) serving as garden docents. Sometimes, our best science lessons happen outside of the classroom.



**Carver students “dig in” to re-plant the Learning Garden.**

5335 E. Pavo St., Long Beach, CA 90808 • 562/420-2697  
[www.lbschools.net/carver](http://www.lbschools.net/carver)

## A College-Going Culture



**Dr. Elio Mendoza**  
Co-Principal



**Cheryl Cornejo**  
Co-Principal

*By Carlos Gershwin-Razo, College and Career Facilitator*

Cabrillo has been focusing on how to grow its college-going culture. Along with a three-year grant to help promote these efforts, we have also steadily changed how we perceive ourselves as a campus.

Our college-going culture support personnel have worked hard to help increase the numbers of students who take the PSAT and SAT exams, as well as increase the numbers of A–G eligible students who apply to four-year universities. This October, over 440 juniors chose to take

the PSAT, and over 430 seniors took the SAT. Both of these exams jumped in participation by almost 300 students each as compared to last year's numbers.

We are also offering a daily application program called "App Lab" to the over 190 seniors who are applying to four-year universities. The App Lab is open every day until 4 p.m. with the express purpose of helping students complete their college applications. We will even be open during the Thanksgiving break to help our seniors with their CSU and UC applications before the November 30 deadlines.

These efforts and more are making college a reality for our Jaguars!

2001 Santa Fe Ave., Long Beach, CA 90810 • 562/951-7700  
[www.lbschools.net/](http://www.lbschools.net/)

## CAMS

### Go Nerd!

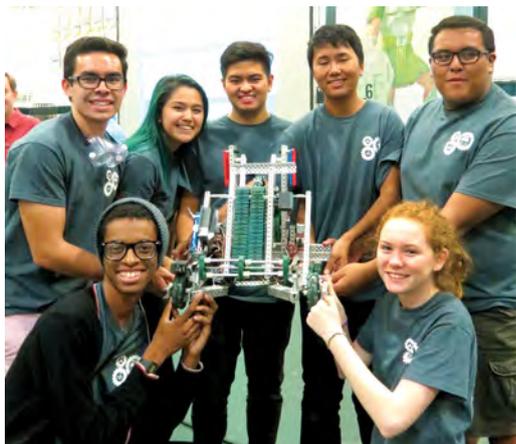


**Christopher Brown**  
Principal

While most high schools are wrapping up their fall sports and competing in football playoffs, the CAMS robotics season is just revving up! Our ROV, VEX and First Robotics (FRC) teams are all gearing up and getting ready to demonstrate how a STEM school competes. FRC will begin competitions in the late winter/early spring, and ROV will compete later in the spring.

We are currently in the heart of VEX season, and three CAMS VEX teams have already qualified for the state tournament. In the past few competitions, our students have found themselves facing off with one another for bragging rights as tournament champions and "best" CAMS VEX team.

The 2015–16 "Nerd Herd" is out in full force and representing CAMS as a top-tier engineering and robotics school!



**CAMS "Nerd Herd" Team 687B has qualified for the State Championships.**

1000 E. Victoria St., Carson, CA 90747 • 310/243-2025  
[www.lbschools.net/cams](http://www.lbschools.net/cams)

## Chavez *Elementary*

### Successful Book Fair



**Hugo Figueroa**  
Principal

Holding a successful book fair can be challenging under the best of circumstances. Cesar Chavez Elementary has risen to the challenge! The amazing Chavez teachers and staff stepped forward to provide the book fair experience for their students. The fair was opened before and after school for 4 days, plus Back to School Night. Teachers and staff donated their precious time during Back to School week to run the book fair. Students

were thrilled with the opportunity to shop for books, pencils, erasers, and book markers. Plus, it was a very lucrative adventure which will fund activities for students. As we say at Chavez, "¡Si se puede! Yes, we can!"



**Top: E. Chai, S. Gonser, A. Chevalier, B. Williams, K. McGinley, J. Harmon, D. Finder Lower: L. Bell, Gabby, D. Finder, M. Vargas, S. Cavagrotti, G. Gengenworth, T. Mayfield**

730 W. Third St., Long Beach, CA 90802 • 562/590-0904  
[www.lbschools.net/chavez](http://www.lbschools.net/chavez)

## Child Development Center



**Cynthia Young**  
Director

### A Craft-y Winter!

By Jimmitra Crawford,  
Gant Kids' Club Supervisor

The Gant Kids' Club started off the year with a symphony of the five senses! With ooey, gooey shaving-cream puff art and painting with spices, tea bags and even Skittles, we learned about how things smell, taste, and feel.

As winter approaches, Kids' Club will visit a winter wonderland, with a wide variety of activities and clubs. Last spring, we held a Mod Podge party, which students enjoyed so much that they requested its return. Kids' Club will offer a Mod Podge winter workshop for our third through fifth-graders, who'll learn decoupage. Our amazing Kids' Club recreation aides will provide instruction. Students will utilize a variety of media including wood, glass and specialty cardboard and create thematic items to proudly display for their friends and family.

We'll also be starting a No Sew Fleece Club, in which students will produce a homemade blanket and other fun projects to stay cozy for the winter. Finally, our ever-popular Creative Cupcake Design Club will return for all students.

Our winter workshops will provide an opportunity for our students to explore and develop new talents through their own creativity.

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

## Cubberley (K-8)

### October Excitement



**Terri Jarels**  
Principal

October was an action-packed month at Cubberley K-8 School. We began with Jedi Training Camp and ended with Red Ribbon Week. These events were fun for our students, and they meet important needs.

Jedi Training Camp culminated the PTA's successful fund-raiser. Red Ribbon Week keeps the "no drugs" message in front of our young people. These events enhance our school climate, and we are grateful to the parents and supporters who make it all happen.

A special highlight in October was the fall carnival. Thank you to everyone who participated in the Coney Island Carnival; it was truly a spectacular event. Many hands were hard at work for literally months, generously contributing time, creativity, and energy. A very special congratulations to Jeannie Herrema for bringing all the resources together.

3200 Monogram Ave., Long Beach, CA 90808 • 562/420-8810  
[www.lbschools.net/cubberley](http://www.lbschools.net/cubberley)

## Cleveland *Elementary*

### What's Growth Mindset?



**Ellen Ryan**  
Principal

Take this short quiz. When something is very difficult, do you think **this is too hard** or do you think *this may take some time*? Do you ever say to yourself **I will never be that smart**, or do you think *I will learn how to do this*. If you answered the responses in bold, you may have more of a fixed mindset. If you answered the responses that were underlined in italics, you may have more of a growth mindset. The staff at Cleveland is developing was to encourage our student to have a growth mindset. We are adding the word "yet" to our student's defeating statements. For example, if we hear students say "I'm not good at this" we are guiding them to say "I'm not good at this yet". We are praising effort, helping our students to see that mistakes are okay, we learn from them, and instilling the idea that our brain is a muscle we can grow. Check out youcubed at Stanford University or Carol Dweck to find out more about Growth Mindset.

4760 Hackett St., Lakewood, CA 90713 • 562/420-7552  
[www.lbschools.net/cleveland](http://www.lbschools.net/cleveland)

## Dooley *Global Studies Magnet School*



**Nicole Howton-Chiles**  
Principal

*Nick Galanis, Teacher On Special Assignment*

On Saturday, November 7, 2015, several of Dooley's 5th grade girls had the opportunity of attending the STEM Conference at CSULB. This conference increased their skills through hands-on Science and Engineering projects, exposed them to STEM careers and introduced them to female role models. The all-girl environment provided a safe place to take risks and build confidence. Throughout the day, girls attended hands on workshops

such as: Cosmetic Chemistry, Fun With Circuits and Toy Design, Make Your Own Hand Sanitizer, and Marble Roller Coaster Design. This enabled the girls to work in groups and assume roles as Engineers, Marketing Specialists, and Quality Assurance Officers. By the end of the day, the girls had gained a new enthusiasm for STEM and learned the importance of taking classes in science, math and technology.



5075 Long Beach Blvd., Long Beach, CA 90805 • 562/428-7274  
[www.lbschools.net/dooley](http://www.lbschools.net/dooley)

### Honoring Our Veterans



**Rose Vitetta**  
*Principal*

Emerson celebrated Veterans Day with a recognition assembly and breakfast for over 30 members of the military and police.

Sgt. Maj. Jerry L. Shultz, an active Army National Guard, was joined by Cub Scouts, Girl Scouts, and choir all joined in the ceremony. The veterans and audience members were overwhelmed by the students' insight and candor in the letters they'd written; tears welled in many eyes.

We also honor service members who paid the ultimate price or who are still missing or unaccounted for—thank you for the sacrifices you and your families made for our great nation. This is the “land of the free,” thanks to all veterans and their patriotism, love of country, and willingness to serve and sacrifice for the common good.



2625 Josie Ave., Long Beach, CA 90815 • 562/420-2631  
[www.lbschools.net/emerson](http://www.lbschools.net/emerson)

## Hamilton *Middle School*

### A Positive Partnership



**Kathy Cruz**  
*Principal*

*By Jacquelyn Faulcon, Teacher*

Creating a partnership with Jordan High School is one of many focus areas for Hamilton Middle School this year. Students from Jordan's International Baccalaureate Program are partnering with Hamilton students in various ways. Monday through Thursday, Jordan students travel to Hamilton to tutor from 3:45–4:30 p.m. in the library.

This opportunity is mutually beneficial, as middle school students receive much-needed assistance with challenging assignments, and high school scholars receive volunteer hours.

Additionally, Jordan students also assist with school-wide events, such as Sixth-Grade Orientation, Taking Care of Business Day, and Back-To-School Night, and they also assist teachers in their classrooms.

1060 E. 70th St., Long Beach, CA 90805 • 562/602-0302  
[www.lbschools.net/hamilton](http://www.lbschools.net/hamilton)

### Student-Driven Activities



**Maria Pilar Perossio**  
*Principal*

This year, Franklin Classical Middle School is focusing on fostering student-driven extracurricular activities, giving our students ownership of their school and creating a positive school culture. The Associated Student Body (ASB) has planned several well-received events: Breast Cancer Awareness Week, Drug Awareness Week, and a Halloween dance. Each morning the ASB president leads the school in the Pledge of Allegiance and gives birthday wishes.

We also have several student-driven clubs and groups. Our cheerleaders not only practice regularly and cheer at team events, but they have also assumed leadership roles in areas such as school tours and greeting parents for events. The Eco Club gets bigger and stronger every year. There is also our Guardians of Peace group, which works to build friendships and eliminate bullying. After students requested a school newspaper, one teacher gave them guidance. Students published their first edition last week, and they did a wonderful job.

Our goal this year is to continue to listen to the students and build on their interests to create a positive culture—a place where students want to come and where they support each other.

540 Cerritos Ave., Long Beach, CA 90802 • 562/435-4952  
[www.lbschools.net/franklin](http://www.lbschools.net/franklin)

## Fremont *Elementary*

### Fremont Gets Physical



**Mark Curran**  
*Principal*

The teachers at Fremont Elementary School have teamed up as grade levels to mix up their classes and put the students in groups for physical education instruction. The grade levels have scheduled physical education lessons as a team twice a week. The teachers have revisited the physical education standards and collaborated as teams to provide a variety of activities to their students.

Students are placed in heterogeneous groups among the different classes. The mixing up of students has helped build grade level unity among the students. The Fremont students are active in a variety of activities, from dancing, doing aerobic exercise, and jumping rope to practicing swinging rackets and striking ball.

The grade level interaction among the students has been extremely positive. The Fremont teachers are to be commended for providing a quality physical education program for their students and strengthening their relationships.

4000 E. 4th St., Long Beach, CA 90814 • 562/439-6873  
[www.lbschools.net/fremont](http://www.lbschools.net/fremont)

## Gant *Elementary*

### Gators Support the Community



**Jeffrey Wood**  
*Principal*

Being a contributing member of our community means many things to many people, and our focus on positive character traits supports both our students and our community. We strive to develop students who work to be a part of positive change.

Beginning in November, our student leadership has been working on having a positive effect on our school community. Our upper-grade students participated in

an election process, which included campaigning, public speaking, and influencing the student body to vote for them. Once elected, our student leader plan community service projects that benefit their own personal growth as well as our entire community. Past projects have included working with the preschoolers at the California State University, Long Beach Isabel Patterson Child Development Center and advising school staff on school improvements.

As the new year begins, watch our Gators work as we reach out to our community to have a positive effect on the future. At Gant Elementary School, we are preparing our students to be college and career ready each and every day!

1854 Britton Dr., Long Beach, CA 90815 • 562/430-3384  
[www.lbschools.net/gant](http://www.lbschools.net/gant)

## Holmes *Elementary*

### DEAR!



**Luana Wesley**  
*Principal*

Last Friday our Holmes students, teachers, and parents spent the first part of the morning enjoying each other's company by reading, browsing, and talking about their many different types of reading material: books, magazines, posters, menus, brochures, and maps.

As an extension of our school-wide Drop Everything and Read program (DEAR!), our parents were invited to join their children in the classrooms and drop everything they were doing to read anything they wanted. We discussed informational texts, and some of us even read cookbooks and menus from local restaurants! We also enjoyed reading realistic and historical fiction, poetry, narrative text, fairy tales, maps, a bus schedule, and even the dictionary.



**TK parents drop everything to read with students.**

Our special DEAR day was so successful that we plan on continuing it every month.

5020 Barlin Ave., Lakewood, CA 90712 • 562/633-4427  
[www.lbschools.net/holmes](http://www.lbschools.net/holmes)

## Hughes *Middle School*

### Jogging for a Cause



**Dr. Sally Gregory**  
*Principal*

*By David Michaels, 7th-Grade English Teacher*

Hughes Middle School held its Jog-a-Thon in October, with a backdrop of fall colors and clear skies. The sea of Hughes Owls and their teachers donning blue and white took to the field during their PE classes. The students ran a newly designed one-and-a-half-mile course that took the runners around campus.

Cheering students and teachers lined the race course, which helped so many students find their second-wind. It was encouraging to see so many students trying their hardest, breaking a sweat, and achieving personal-best times.

The proceeds from the Jog-a-Thon will help the school raise money for Student Council, Black History Club, CJSF, Japanime, Polynesian and other after-school clubs. So far, we've raised approximately \$20,000.



**Hughes Owls at the starting line of the Jog-a-Thon.**

3846 California Ave., Long Beach, CA 90807 • 562/595-0831  
[www.lbschools.net/hughes](http://www.lbschools.net/hughes)

### “Doctor’s for Diversity”



**Kevin Maddox**  
*Principal*

Thirty UCI Medical students and volunteers complete with lab coats and stethoscopes visited Jefferson on November 6 to work with our 6th grade students. They presented interactive lessons

to the students related to diabetes and healthy eating. The medical students are part of a student organization at the University of California -Irvine called Doctors for Diversity. The group originally worked with 5th grade students at Bryant Elementary School, but has now committed to a partnership with Jefferson as a component of our College and Career Pathways program. Through our joint efforts, Jefferson students are getting early exposure to various aspects of the medical profession and career pathways in that profession that are available to them in middle and high



school. The UCI students really enjoyed their time with the students, and were already planning their next visit. They will return in the spring for another day of interactive learning with Jefferson 6th graders.

750 Euclid Ave., Long Beach, CA 90804 • 562/438-9904  
[www.lbschools.net/jefferson](http://www.lbschools.net/jefferson)

### Jordan *High School*

#### Preparing to Give Back



**Veronica Coleman**  
*Co-Principal*



**William Salas**  
*Co-Principal*

*By Stephanie Espeleta,  
Linked Learning Pathway  
Coordinator*

Jordan High School’s 2015 International Baccalaureate (IB) diploma recipients learned far more than academics during their IB experience.

Christian Rivas, who earned 38 units of university

credit from University of California, Irvine said, “IB is about more than simply getting college credits. It’s about building community with your local neighborhood, city, and wherever you go.” Rivas says that IB taught her that education is not just for individual success; she learned that we each have a responsibility to use our knowledge for the good of others. Rivas is a biological sciences major and plans to work as a dentist providing services to families who traditionally do not have access to quality dental care.

Andrea Torres, who received 15 units of university credit from California State University, Long Beach, said, “IB has helped me grow into the person I am today.” Torres is a chemistry major and plans to be a pediatrician who works in impoverished areas. “IB opened the door (to success) for me, and now I want to open that door for others.”

6500 Atlantic Ave., Long Beach, CA 90805 • 562/423-1471  
[www.lbschools.net/](http://www.lbschools.net/)

### Lafayette *Elementary*

#### Stay Drug-Free!



**Wendy Thompson**  
*Principal*

At Lafayette Elementary School, everything we do matters.

At the end of October we celebrated Red Ribbon Week. Along with members of the Long Beach Police Department and Care Ambulance, we committed ourselves to living healthy lifestyles, making the right choices, and remaining drug-free so that we can get our degrees!

The week began with our students, parents, teachers, and administrators reciting the drug-free pledge. It culminated with a Friday assembly where EMTs from Long Beach spoke to our students about the effects that drugs can have on people. Officers Green and Beach spoke to everyone about the importance of staying away from gangs and drugs and committing to a healthy lifestyle, as well as acquiring a good education.

We are very proud to call Officers Green and Beach our partners in this journey. They have both represented the Long Beach Police Department for a consecutive two years.

It is evident that at Lafayette Elementary School, we have a “village” that can guide our students towards a successful future.

2445 Chestnut Ave., Long Beach, CA 90806 • 562/426-7075  
[www.lbschools.net/lafayette](http://www.lbschools.net/lafayette)

### Working Together



**Juan Gutierrez**  
*Principal*

The amazing partnership that our Kettering PTA has established with the district maintenance office has been super-productive!

The maintenance office has been pivotal in restoring our landscape. Late last year the Kettering “Green Team” met several times with the maintenance folks to design and plant the entire front of the school. A huge factor was how to use flowering and colorful water-tolerant plants to help save water.

The other big summer project was working on the strategic placement of our new benches. Six benches were purchased, and today our students and families relish the time they spend sitting, reading, chatting, and enjoying the cool coastal breezes.

We want to thank our district maintenance crew for working alongside the PTA to make Kettering look its best.



550 Silvera Ave., Long Beach, CA 90803 • 562/598-9486  
[www.lbschools.net/kettering](http://www.lbschools.net/kettering)

## Mann *Elementary*

### Fall Literacy Festival



**Donna McKeehan-Marr**  
*Principal*

During the past few years our Mann students, families, and staff members like to come together at the end of October to celebrate literacy in a fun and creative way.

This year our students were provided with the opportunity to dress as a character or topic from a book or text. They also had to be able to “cite their evidence” if anyone asked them which book or text their costume came from.

### Bilingual, Biliterate and Bicultural



**Thomas Espinoza**  
*Principal*

*By, James Orihuela,  
Spanish Language Arts Teacher*

Our goal is to develop bilingual, biliterate and bicultural proficiency through Spanish language immersion. Fifty percent of the academic classes are taught in the target language. Students have excelled academically as demonstrated by SBAC results and the 91% pass rate on the AP Spanish Language and Culture Exam. This means students can enter high school already having met all of their A-G requirements in World Language and up to six units of college credit.



**Day of the Dead display by artist Antonio Ambriz.**

Recently, we celebrated our first community Harvest festival on Friday October 30th. It was a huge success that included a Haunted Hallway, a variety of games, a movie, food, a bilingual play/dance performance and a very special Day of the Dead presentation by local artist Antonio Ambriz.

7020 E. Brittain St., Long Beach, CA 90808 • 562/421-8851  
[www.lbschools.net/newcomb](http://www.lbschools.net/newcomb)

The WRAP program also recently teamed with our staff and parents to provide a “Trunk n Treat” experience and game booths. The PTA concluded the event with a playground movie night. As part of the activity, families and staff members decorated their car trunks and handed out treats. The WRAP after-school staff provided three game booths, including a brain eating contest (with Jello), eyeball pong, and ghost fishing. Everyone loved the games!

Mann Elementary School continues to look for new ways to increase parent and family involvement by sharing instructional learning strategies in fun ways. We can say that everyone who attended the Fall Literacy Festival had a great time.

257 Coronado Ave., Long Beach, CA 90803 • 562/439-6897  
[www.lbschools.net/mann](http://www.lbschools.net/mann)

## Lakewood *High School*

### Patients and Practitioners



**Shawn Abbate**  
Co-Principal



**Mario Jimenez**  
Co-Principal

Lakewood High School has linked learning in real life. Students within the Health Occupations and Sports Medicine (HOSM) pathway experienced a taste of industry through a simulation experience facilitated by Aaron Volkoff's 10th-grade HOSM medical terminology

class and Amy Sebelius' theater class.

HOSM and theater students created a Science, Technology, Engineering, Arts, and Mathematics (STEAM) environment for all students to benefit. Theater students were given specific symptoms of ailments to imitate, and HOSM students utilized a prescribed protocol to assess these "patients." Through a brief questionnaire and diagnostic information acquired during interviews, students took the data and went back to class to discuss proper assessment and placement of their patients.

Theater patients ranged from a five-year-old child who was fearful of death to a crotchety 56-year-old man. Theater students did not break character throughout the simulation, as the HOSM practitioners professionally prepared documents to use for future lessons.

Real-world scenarios happening within the school day is what Lakewood's Linked Learning is all about.

4400 Briercrest Ave., Lakewood, CA 90713 • 562/425-1281  
www.lbschools.net/

## Lindsey *Academy (6-8)*

### Leadership Academy Soars



**Lorena Moreno**  
Principal

*By Terrence Hegamin, Male Leadership Academy Teacher and Elizabeth Martinez, Female Leadership Academy Teacher*

The 2015-16 school year is bringing exciting changes to Lindsey. In addition to several new teachers and electives, Lindsey is one of two middle schools to pilot the Male Leadership Academy as a class instead of a club. The goal of the class is to mentor young men in their relationships at school as well

as at home, teach them how to successfully negotiate the classroom environment, and prepare them to be successful in high school and college.

Guest speakers have addressed topics such as conflict resolution, responsibility, character traits and money management. The young men have even been fortunate enough to view the inner workings of a TV show taping on a recent field trip to a Hollywood studio. Currently, there are 25 young men enrolled, and there is a waiting list of students eager to participate. We are off to a great start. Go Falcons!

5075 Daisy Ave., Long Beach, CA 90805 • 562/423-6451  
www.lbschools.net/lindsey

## Lincoln *Elementary*

### Teamwork



**Caroline Nemeč**  
Principal

Slowly the young student approaches the main gate, eyeing the woman with the big smile and the Lincoln Elementary School sweatshirt. "Good morning! How are you?" As the second-grader enters the gate, she is again greeted with a warm smile and a friendly hello. Instantly she feels welcomed and starts to chatter about her big class project.

Greetings, handshakes, hugs, and high fives can be witnessed between the hours of 7:15 and 8 a.m. at Lincoln, where we start the day off right with this simple yet powerful exchange of caring words and actions by our recreational staff.

Our staff works closely with teachers and support staff to ensure that all of our students have a safe environment in which to learn. Safety and supervision are their priorities. When asked what their biggest strength might be, the word teamwork consistently came up. The staff has been trained in basic first aid and is up to date on all school procedures. When I shared the positive effect these special staff members have on our students and community, their response was, "Welcome to Lincoln! This is how we do it!"

1175 E. 11th St., Long Beach, CA 90813 • 562/599-5005  
www.lbschools.net/lincoln

## Lowell Bayside *Elementary*

### Chess Club



**Lester Lawson IV**  
Principal

Lowell's chess club began in 1992 by John Brunner as a lunchtime activity for his students and was later reorganized as the Lowell Chess Club, open to all interested students. The club began with a little over 20 students in the first year and grew steadily. Membership now varies between 85 and 100 students annually from every grade and class. In 1994, the club gained the sponsorship of Lowell's PTA. In 1999,

membership grew so large that the club was split into two sections: chess workshop for kindergarteners through third-graders and chess team for fourth- and fifth-graders.

Present divisions comprise Group A for new learners regardless of grade and Group B for more experienced players who aren't quite ready for team level. The chess-team section includes students who are in the fourth and fifth grades and must pass a written test.

Lowell Chess Club members have participated in other chess events locally and statewide. The club meets Wednesday mornings before school and is still run by Mr. Brunner, with assistance from fellow PTA members Mrs. Nyquist and Mrs. Hughes.

5201 E. Broadway, Long Beach, CA 90803 • 562/433-6757  
www.lbschools.net/lowell

## Los Cerritos *Elementary*

### Famous Children's Author



**Alissa Gamboa**  
*Principal*

Patricia Polacco, best-selling author and illustrator of over 50 children's books, inspired a new generation of authors at Los Cerritos Elementary.

Polacco showed students her process of writing and illustrating. She also shared many true-life inspirations for her stories.

The school was transformed into a veritable Polacco village...Hallways were filled with student artwork and writing inspired by Polacco books.

The inspiration was mutual. Polacco, herself, volunteered to read for the school's book fair at Barnes & Noble – making it a huge success to raise funds for the school library.

515 W. San Antonio Dr., Long Beach, CA 90807 • 562/595-6337  
[www.lbschools.net/loscerritos](http://www.lbschools.net/loscerritos)



**Patricia Polacco (author), Megan Chua, Elliot Rice Epstein, Nicolette Russell, Isabella Cobos, Nicole Boggs, Brooklyn Hall, Mekiah Twal, and Alissa Gamboa (Principal).**

## Marshall *Academy of the Arts*

### AstroCamp



**Marie Hatwan**  
*Principal*

*By Adrienne Sandstedt, MESA Teacher*

Our Marshall students recently participated in a three-day weekend of challenging academic and physical activities high above Idyllwild.

The students engaged in hands-on experiments to test the properties of atmospheric gases, the effects of gravity on objects in the solar system, and the properties of the electromagnetic spectrum beyond visible light. In simulated environments they also trained as astronauts by



climbing the canyon walls of Mars and assembling structures in microgravity.

Nighttime outdoor adventures included sensory hikes, scavenger hunts, and star gazing with digital telescopes. Outdoor day activities involved a variety of team-building challenges. Two of the most exciting activities were "vine walking" by climbing a telephone pole, and zip-lining 700 feet across a meadow!

5870 E. Wardlow Rd., Long Beach, CA 90808 • 562/429-7013  
[www.lbschools.net/marshall](http://www.lbschools.net/marshall)

## McBride *Sr. High School*

### Alive Inside



**Steve Rockenbach**  
*Principal*

*By Chris Thompson, Teacher, Health / Medical Pathway*

Twenty-one students in the Health and Medical Pathway at McBride High School have been chosen to participate in the Alive Inside program. Stan DeWitt, the music director at a local church, introduced McBride to this amazing program, which is based on a documentary of the same name.

The documentary describes the profound

effect music has on patients suffering from dementia and Alzheimer's disease. It also describes the importance of personal connections for those suffering from these diseases. Throughout the course of the school year, students will be visiting patients at Brittany House in Long Beach. They will be introduced to the patients and their families, and the students will be interacting with the patients through music, with the goal of helping each patient connect with the past, loved ones, and the world around them.

To find out more about the Alive Inside documentary and program, visit <http://www.aliveinside.us>.

7025 Parkcrest St., Long Beach, CA 90808 • 562/425-3539  
[www.lbschools.net/mcbride](http://www.lbschools.net/mcbride)

### FOCUS On a Positive Campus Culture



**Alejandro Vega**  
Co-Principal



**Michael Navia**  
Co-Principal

Millikan's FOCUS is on character and citizenship thanks to a campus leadership group.

FOCUS has produced humorous videos promoting the school tardy policy, the homecoming carnival, citizenship rules, and other elements of campus life. The group also runs a summer ninth grade orientation.

Founded by activities director Andrea Itson, FOCUS began more than six years ago, and was revived recently as an elective class and a collaborative leadership club. FOCUS stands for "Finding Opportunities to Create Unity through Service" and boasts about 130 members.

"I have fallen in love with FOCUS," says Charly Root, a COMPASS senior who is a member of the group's multimedia advertising committee. "One of the best decisions I've made at Millikan is joining it."



**FOCUS teams up for a selfie. Their video productions include a tardy policy reminder that is a parody of the TV series *Law and Order* and a school dress advisory set to the 1980s song, "Eye of the Tiger."**

2800 Snowden Ave., Long Beach, CA 90815 • 562/425-7441  
[www.lbschools.net/](http://www.lbschools.net/)

### Our New iPads



**Sophia Griffith**  
Principal

*By Christina Maben, Librarian*

This is the second year that our students have been using iPads in the John Muir K-8 Academy library. With the support of Superintendent Christopher Steinhauser, our school recently received a number of iPads for the express purpose of providing our grade K-3 students with the opportunity to experience eBooks.



This pilot eBook project is at the forefront of the many literacy projects supported by our very generous Long Beach Rotary Club. Funds are raised each year to help augment the school's eBook collection. Muir currently has over 100 eBooks that are made available to its students and staff members.

This year our students are also learning how to use various applications to enhance their math and language skills. John Muir scholars are gaining valuable skills that will help to prepare them for further educational opportunities and next-generation jobs.

3038 Delta Ave., Long Beach, CA 90810 • 562/426-5571  
[www.lbschools.net/muir](http://www.lbschools.net/muir)

## Contest!!

Our office tortoise, Cheeseball, is snowboarding for the first time. When you find him in this issue in two places, email the **page numbers** to:

[Kay@schoolnewsrollcall.com](mailto:Kay@schoolnewsrollcall.com)  
Please put LBUSD in the subject line.

Your entry must be received by January 15, 2016. From the correct entries, we will draw a winner to receive a \$20 gift certificate redeemable at Barnes and Noble.

**Congratulations Becky Ramirez  
October Winner!**



## Newcomb Academy (K-8)

### Paws for Read-A-Thon



**Wendy Sowinski**  
Principal

By Alex Lara & Brian Stevenson,  
Journalism students

From October 5-October 23, Newcomb Academy students were challenged to participate in the Read-a-Thon. This PTSA fundraiser encouraged students to keep a reading log of minutes read daily while family members could sponsor them and donate money.

The money raised during the Read-a-Thon will go toward field trips, music, art, and other PTSA sponsored programs. Classes that earned the most minutes got to keep the mascot stuffed bulldog, Spar, in their classrooms for the day. To conclude the Read-A-Thon, students dressed up as their favorite literary character. The competition had a great turnout as students enjoyed reading. Thank you PTSA for this exciting activity.

3351 Val Verde Ave., Long Beach, CA 90808 • 562/421-8851  
[www.lbschools.net/newcomb](http://www.lbschools.net/newcomb)



## Powell Academy (K-8)

### Project Completed



**Wendy Clafin**  
Principal

For the past several years, the Colin Powell Academy Student Council has been fundraising for an electronic marquee to highlight the numerous events taking place on campus as an outreach to the community. They also connected with other community groups, including our Powell Teacher Organization and school-business partners. After many exhaustive fundraising

efforts, the ASB began researching the different types of marquees that were available and within their budget. Everyone worked together to design the marquee and raise the needed funds. This fall, the marquee finally went live. Now events are able to be advertised to parents and students in a dynamic and colorful way. The Powell ASB students demonstrated initiative, long-term planning, and perseverance in the completion of this project! Go Eagles!

150 Victoria St., Long Beach, CA 90805 • 310/631-8794  
[www.lbschools.net](http://www.lbschools.net)



## 'High Life' Centennial



**Diane Prince**  
Co-Principal



**Victor Jarels**  
Co-Principal

*By Noemi Summers,  
12th-grade student and  
Daryl Holmlund,  
English/Journalism Teacher*

Since September 1915, the High Life has been a tradition at Poly. This year, the newspaper is proud to celebrate its 100th anniversary.

As part of their International

Ambassadors project, High Life co-editors-in-chief Crispin Jay Salapare and Andrea Garcia will be digitally archiving a century's worth of newspapers onto the paper's website, lbphighlife.com. Once scanned and uploaded, the archives will be searchable by date and topic.

This year's other International Ambassadors and their projects are Kaitlyn Frawley and Alyssa Wren, who are organizing a tax and finance fair; Stephen Kaminsky, who donated computers and a 3-D printer to Poly; Timothy White, who is encouraging students to register to vote; Erin Osman, who is giving music lessons at Roosevelt Elementary; Keyanna Daniels and Spencer Green, who created a new visual directory for the school's entrance; Miranda Deguzman, who repainted the jackrabbit paw prints on campus; Anais Lopez, who is working on connecting Poly students with alumni of all ethnicities; and Benjamin Neal, who is creating a social network to connect Poly alumni and students.

1600 Atlantic Ave., Long Beach, CA 90813 • 562/591-0581  
[www.lbschools.net/poly](http://www.lbschools.net/poly)

## Prisk *Elementary*

### The Prisk K-5 Science Lab



**Damon Jaspersen**  
Principal

*By David Macander Science Lab Teacher*

Many students hold the misconception that science is just a list of facts to be memorized. While this is an important aspect of science, it is my job to awaken them to the second component: discovery. Science is about asking questions, predicting outcomes, and testing theories in an effort to build their ever-changing body of knowledge. In this way, the process becomes equal in value to the end result.

Through participation in the Prisk science lab, I want all students to walk away with a thorough understanding of what science is really about. If they leave with nothing else, it is my hope that all students will learn this one thing:

Anyone can be a scientist, and kids can, too!

2375 Fanwood Ave., Long Beach, CA 90815 • 562/598-9601  
<http://prisk-lbusd-ca.schoolloop.com>



**Fourth grader Tatum says, "I love the science lab because we get to do super fun projects about what we learned, not just reading a book the whole time."**

## Robinson *Academy (K-8)*

### Dressed for Success: Thank You, Assistance League!



**Dr. Damita  
Myers-Miller**  
Principal

In his 1998 state of the union address, President Clinton cited the positive impact that school uniforms had made on the Long Beach Unified School District. Still today, students benefit from the focus on learning that school uniforms help to provide. Thanks to the Assistance League's Operation School Bell/Make a Difference Day, this year every Robinson student was the fortunate recipient of a free school uniform.

The Assistance League donated over 950 backpacks filled with new uniforms, and organized a fun-filled giveaway event. We are grateful to the Assistance League, UPS, the LBS Credit Union, Beta Pi Sigma Sorority, Molina, Councilman Dee Andrews, Superintendent Chris Steinhauser, The Assisteens, our Student Council, PTSA and staff for making the day a success!

2750 Pine Ave., Long Beach, CA 90806 • 562/492-6003  
[www.lbschools.net/robinson](http://www.lbschools.net/robinson)

### Community of Compassion



**Dr. Jeffrey Cornejo**  
*Principal*

Reid High School students held the third Compassion Games in October. Students held a very successful blood drive, left notes of compassion for fellow students and staff on our wall of compassion, donated to the World Food Program, and hosted engaging talks by a local philanthropist, Justin Rudd, and the chief executive officer of an international aid program for people with disabilities.

“Compassion Games on our campus started with Celebrating a History of Compassion in 2014,” said teacher Rahbin Shyne, a juris doctor and National Board Certified teacher. “Students logged 30 days of compassion. The impact was wide, extending beyond our campus and into their homes and communities.”

Reid will participate in the national Giving Games in December and Celebrating a History of Compassion in February.



**Student Veralis Aguirre blows up balloons to jazz up the jovial atmosphere during our blood drive.**

2153 W. Hill St., Long Beach, CA 90810 • 562/989-2098  
[www.lbschools.net/reid](http://www.lbschools.net/reid)

### Renaissance in the Community



**Quentin Brown**  
*Principal*

The following visual art students have had their work selected to be shown in the Long Beach Museum of Art Toyota Children’s Art Gallery. It will be open for viewing when the next museum exhibition opens on November 20th. This work was part of “My Long Beach” exhibit that was on display at the Long Beach Convention Center for the Council of Great City Schools Conference October 7-11.

Approximately 120 works were on display at the Conference, only a select few were chosen by the museum for their upcoming exhibition. Congratulations to: Cole Stevenson, Olivia Torres-Fields, Ryan Gadberrry, Ricardo Deniz, Ayla Aguino-Medrano, Amber Arzaga, Jeffrey Dublin, and Coco Quinn.



**Cole Stevenson, Ricardo Deniz, Nicole Quinn, Ayla Aguino-Medrano, Olivia Torres-Fields, and Jeffrey Dublin**  
**Not pictured: Ricardo Deniz and Amber Arzaga**

235 E. 8th St., Long Beach, CA 90813 • 562/901-0168  
[www.lbschools.net/renaissance](http://www.lbschools.net/renaissance)

### Beach Walk



**LaShell Diggs**  
*Principal*

On Saturday, October 31, 2015, Riley Elementary participated in The Children’s Clinic Beach Walk. Approximately 50 students, staff members, students/parents had a great time walking around Long Beach’s shoreline, attending the health fair and enjoying lunch together. Since

the event was held on Halloween, students were able to wear costumes and trick or treat for healthy snacks at the Health Fair. Riley Roadrunners also participated in the Kids Race before the larger 5K walk began. Being a productive, responsible citizen is part of our Graduate



Profile for students in LBUSD. This was a great way for our students to demonstrate support for their community, while participating in a fitness activity with family and staff. Go Riley Roadrunners!

3319 E. Sandwood St., Lakewood, CA 90712 • 562/420-9595  
[www.lbschools.net/riley](http://www.lbschools.net/riley)

## Rogers *Middle School*

### Roger's Volleyball News



**Kimberly Holland**  
*Principal*

Congratulations to the Rogers 2015 Volleyball team! The girls were undefeated in their season, winning both the Southern League Title and The All City Championship. This year's team had four returning players from last year with three returning starters, those girls included; Eighth graders Kristin Berry, Gabby Sonnhalter and Grace Abdo.

The winning team consisted of the aforementioned eighth graders and Sophadevy Weir, Lauren Jackson, Adrianna Esposito, Lexi Makura, Maggie Welch, Alana Synder, and three seventh graders, Tara Anderson, Haley Anderson, both starters and Luci Landry.

The girls were successful in winning Back-to-back All City Championships for Rogers after a 29 year draught. The girls were coached by Physical education teacher, Mimi DeMoss and Dede Rossi of Belmont Shore Business Association. Congratulations Mustangs!

365 Monrovia Ave., Long Beach, CA 90803 • 562/434-7411  
[www.lbschools.net/rogers](http://www.lbschools.net/rogers)



## Signal Hill *Elementary*

### Family First Fridays



**Tammy Lavelle**  
*Principal*

Once a month, students, families and the community are invited to work in our beautiful native plant garden. We supply the shovels, rakes, hand tools and gloves. Together they learn to identify native California plants and how to maintain them. In addition, students learn about water conservation as they are invited to water the garden with collected rain water and run-off from our air-conditioners.

It is exciting to see family involvement and participation rates increase and we look forward to new participants each month. We invite all community Volunteers in Public Schools to participate. Signal Hill Elementary is fortunate to have such a beautiful resource for students and families to enjoy. Come out and join us!

2285 Walnut Ave., Signal Hill, CA 90755 • 562/426-8170  
[www.lbschools.net/signalhill](http://www.lbschools.net/signalhill)



## Smith Elementary

### Red Ribbon Week



**Monica Alas**  
Principal

Smith Elementary kicked off its Red Ribbon Week October 19-23, 2015. The week began with a kick-off

assembly by Mr. Gonzalez, Assistant Principal and Doreen Millar, School Counselor with a power point presentation that taught students to stay focused in school and away from drugs. Smith students celebrated Red Ribbon Week with a door decorating contest, classroom lessons, and signed a banner to reinforce their promise to this year's slogan, *Respect Yourself, Be Drug Free*. At the end of the week, winners were announced for the door decorating contest and the winners received a free dress day pass.

565 E. Hill St., Long Beach, CA 90806 • 562/595-9466  
www.lbschools.net/burnett



**Kindergarten winner of the door decorating contest.**

## Tincher Preparatory School (K-8)

### Springboard Curriculum



**Rosemary Sissons**  
Principal

By Jamie W. Vallianos-Healy,  
GATE Certified Teacher

Middle School Students are excited to be piloting the Springboard English/Language Arts curriculum from Collegeboard to augment the ELA program. Springboard is a print and digital curriculum that teaches pre-AP (advanced placement) and college-readiness skills to all students. Scholars are taught a variety of strategies and can choose

the best method to tackle rigorous literature, speeches, and visual media in order to meet grade level standards. Learners begin a unit by previewing the embedded assessments and then back-mapping the skills needed to be successful. The Springboard Curriculum was brought to Tincher Preparatory School K-8 through our partnership with California GEAR-Up.



1701 Petaluma Ave., Long Beach, CA 90815 • 562/493-2636  
www.lbschools.net/tincher

## Stephens Middle School

### ACCESS-ing Great Things!



**Salvador Madrigal**  
Principal

By Becky Robbins, Librarian

Stephens is excited to be starting a new program this year. We always encourage students to create a calm, positive environment on campus by solving conflicts peacefully, ignoring negativity, and asking adults to help talk out a problem.

This year, students are asked to sign an agreement in which they consent to a code of conduct to help create this safe, positive environment. A parent signature is also required on the form. After signing and returning the form to their advisory teacher, they receive an ACCESS pass to wear on their ID card. This pass allows them certain privileges such as attending school dances, sporting events, school fairs, participating in our free dress days and Spirit Fridays. They will also be eligible to receive special rewards that will be given throughout the year.

Many advisory classes have had 100 percent of their students sign the agreement and receive their ACCESS pass. Students are proud to show off their ACCESS passes!

1830 W. Columbia St., Long Beach, CA 90810 • 562/595-0841  
www.lbschools.net/stephens

### Contest

**You'll need this page number for the contest on page 23.**



## Twain *Elementary*

### Veterans Day



**Jacqueline Williams**  
Principal

*By Mrs. Barbara Piechota and Dr. Jacqueline Williams, Principal*

What a beautiful fall morning! Our Girl Scout Troop No. 5543 started the event by leading us in the Pledge of Allegiance. Then our veterans, students, staff, and families were treated to a memorable performance of The Star Spangled Banner by Mrs. Mitchell's High Tide Quartet.

Fourth-grader Diana Yorker shared her personal thoughts about Veterans Day, and fifth-graders Brooke Patterson and Jaleena Nauta were recognized for their creative artwork on the front and back cover of the program booklet.

The program continued on with Victor Kagurabadza, fifth-grade student council president, who read a Veterans Day poem. Fifth-grader Mia Sanchez then sang a beautiful a cappella version of America the Beautiful. Our keynote speaker, Army Sgt. Jonathan Leigh, also touched on the Army values of loyalty, duty, respect, selfless service, honor, integrity, and personal courage, which he believes applies to the students and faculty at Twain.

Brenden Stevens and his bandmates played an amazing brass medley of patriotic songs to help close out the ceremony. The students ended their program by singing the military branch songs and waving their American flags proudly.

5021 E. Centralia St., Long Beach, CA 90808 • 562/421-8421  
[www.lbschools.net/twain](http://www.lbschools.net/twain)

## Webster *Elementary*

### ArtsBridge



**Maria Martinez**  
Principal

Seven Webster classes are exploring the world of the arts by participating in the ArtsBridge program this year. ArtsBridge, a program sponsored by CSULB, links volunteer students working toward their undergraduate/graduate degrees in the arts with our students. The university students develop a series of hands-on lessons in their areas of expertise for Webster students.

The lessons taught are as varied as the arts. Classes include learning about color and visual arts, the camera obscura, music theory, abstract art and playing the recorder.

Bringing the arts into the school through university students provides our students with an exciting look at the varied components of art and an inspiration to develop their own artistic talents for pleasure and future careers.



1755 W. 32nd Way, Long Beach, CA 90810 • 562/595-6568  
[www.lbschools.net/webster](http://www.lbschools.net/webster)

## Washington *Middle School*

### Exposure in 3-D!



**Megan Traver**  
Principal

During Long Beach Innovation Week's Hackathon event in October, 36 students participated in a unique experience. It turns out that the Long Beach Public Library (LBPL) has a 3-D printer, which they brought to Washington.

3-D printing makes three-dimensional solid objects from a digital file.

Long Beach Innovation Week brought industry partners, LBPL and LBUSD together to expose the students to science, technology, engineering and mathematics (STEM) programming. We are so proud that Washington was selected to be part of this fantastic event, which was so successful that John Keisler, director of the Long Beach Innovation Team, says that the team has committed to work with Washington and LBPL to



“expose more students to STEM through unique industry partnerships.” Go STEM at Washington!

1450 Cedar Ave., Long Beach, CA 90813 • 562/591-2434  
[www.lbschools.net/washington](http://www.lbschools.net/washington)

## Whittier *Elementary*

### "Where's Waldo?"



**Lori Grady**  
Principal

*By Nancy Jo Rettig, Counselor at Whittier*

If you asked any Whittier staff this question on Friday, October 30th, the answer would be "Everywhere!"

Behind the flag-like stripes popping up during our assembly, were some of Whittier's finest. Primarily the 4th grade team was heavily represented as they weaved throughout the campus during the day.

Almost like a optical illusion Waldo would appear. With the blink of an eye, another, ever-so-slightly different Waldo popped up down the hall, then another in the cafeteria.

For fun, several students were sent on a Where's Waldo hunt? If they really investigated, the correct answer was... (drumroll) a dozen Waldos!

(Red and white hats off to our SDC Teacher, Jamie Panter for the concept).



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## Willard *Elementary*

### Wizards Love Reading!



**Dr. Cassandra Richards**  
Principal

*By Vicki Joseph, 5th grade teacher*

Willard Elementary promotes activities for students to become avid readers. On Friday, October 23rd, Willard Elementary School Parent Teacher Organization (PTO) sponsored a Read-A-Thon fundraiser for students in Kindergarten through Fifth grade. Students who participated in the Read-A-Thon wore their pajamas, and received a Willard wristband for "Free Dress" the following week. Willard students earned a total of \$800.00!



What a better way than to encourage students to bring their favorite book and come in their favorite pajamas to relax and read for the first hour of school!

1055 Freeman Ave., Long Beach, CA 90804 • 562/438-9934  
[www.lbschools.net/willard](http://www.lbschools.net/willard)

## Wilson *Classical High School*

### Something to Cheer About!



**Sandy Blazer**  
Co-Principal



**Gonzalo Moraga**  
Co-Principal

*By Sara Gorman, 12th Grade, Wilson Loudspeaker Features Editor*

Cheerleaders across California felt their hard work pay off when California's governor, Jerry Brown, recently approved legislation to make cheerleading an official high school sport beginning in the 2017-18

school year. The bill, (AB) 49, requires the California Interscholastic Federation (CIF) to oversee competitive

cheerleading as it does other high school sports. The CIF will immediately begin the process of developing policies for the implementation of competitive cheer.

For Wilson varsity cheerleader and captain Danika Pflueger, distinguishing cheer as a CIF sport is extremely meaningful. "I think it brings a new light to cheer," she said. "We'll begin to receive the same attention as other CIF sports, and that's exactly what we've been working so hard towards."

Continuing the sentiment, Freshman JV cheerleader Lana Peterson added, "I am thrilled. I finally get to say that my sport is cheer without people saying that cheer isn't an official sport. Cheer does the same amount of conditioning as many of the other sports at Wilson. We are a team that works very hard and for many hours on end."

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## Lunchtime Leadership Club



**David Perram**  
Director of  
Student Affairs

Westerly's student leadership program is a weekly lunchtime club that is founded on the fundamentals of student council; with some re-imagination to eliminate titles and provide an equal voice across the student participants. Students spend time teambuilding and playing games that require effective communication and problem solving, the same skills needed in a variety of contexts within today's world.

In order to measure the student's comprehension of these lessons the group is charged with organizing student events and activities to showcase their skills while simultaneously enhancing the student experience on campus and serving their community.

Most recently the students completed a service project sparked from a great conversation they had about being thankful. Fifth grade leaders Keira Ashworth and Kasey Holland worked together and wrote about the experience:



**Keira and Kasey standing proud in front of their "Thankful Board."**

I'm Keira Ashworth and I'm Kasey Holland, we are the fifth grade representatives for the student leadership program at our school. We want to tell you about our BIG idea. We decided we should do an activity for Thanksgiving that celebrates all the things the students are thankful for.

The idea began when we were talking about thankfulness. We believe this is something that people don't ordinarily talk about in their day to day. We wanted to have a place that everyone could share what they are thankful for, and have it visible to the entire community. After a bunch of ideas from the group we ended with the idea of a "thankful board" where students could write down all the things they are thankful for.

The idea came up right before Halloween so we didn't have much time, so we used a couple lunch periods to get to work. First we got a big wood board from our art room and the younger representatives from grades K-4 painted it brown. The next day, we started to decorate the board with the words "I am thankful for". We added some autumn leaves using paint and stamps to help with the theme. Last we hung the board on an outdoor wall so teachers, students, and family members could write down all the things they are thankful for. We presented the board during our Monday Assembly and the students were immediately excited about the project. We hardly have any room left on the board!



**Kindergartener Payton and 2nd grader Kailyn with the first coat of the "Thankful Board."**

The purpose of making this board was so we could reach out to the school community and celebrate Thanksgiving together. The tradition has been for classes to celebrate on their own, but we thought it was important to celebrate as a whole school. We think that being a part of this project has helped us with our leadership skills. We also hope it will give ideas for other students that will be in leadership after us.

We are very glad to be leadership representatives and are happy to positively contribute to our school community. We would like to thank the entire Westerly community for supporting our project. Nonprofit, Nonsectarian Independent School.



**CathyLyn Brooks**

## Ready for the El?

It's not coming, we are actually in the beginning of our expected El Niño. You've probably heard all of the weather people talking about it and it is expected to bring big and heavy rains as it did the last time we experienced this. In fact, the most recent observational data now clearly indicates that the expected event is already comparable in magnitude to both the 1982-1983 and 1997-

1998 events, which were the strongest in the long-term records. As California may experience a substantial amount of rainfall, it is good to take a look at your properties now to see what you can do to prevent damage from heavy rains.

Here are a few things that property owners can do in advance:

- Install and/or repair and clean rain gutters, downspouts and drains. There are services that can do this job for you if you are not fond of heights.
- Inspect the property for leaky windows, doors, and roofs. A local handy man can caulk and install rubber strips to increase the water-tight factor on openings in the property.
- If you have areas under your home that water can enter, consider waterproofing, now. Water can seep thru certain types of construction if there is no place else for it to go.
- Check the grade or slope of the ground near your home. Does it slope away from your property or toward it? If it slopes toward your foundation, call a specialist to evaluate. If it slopes toward a door, see No. 2 above. Look around for signs of erosion and water stains. They will show you how water travels and pools.
- Inspect retaining walls for signs of risk. As mentioned in No. 3 above, weather can permeate in some situations.

CathyLyn Brooks, CRS, GRI is affiliated with Main Street Realtors. She has worked as a real estate broker since 1980, is a graduate of USC, the UCI paralegal program, and serves FINRA as a public arbitrator. Consumers should seek legal and tax advice pertaining to their transactions.



**Arturo Delgado, Ed.D.**  
Superintendent

## Taking Action to Advance Civic Learning

In its latest report card on U.S. history, geography and civics, the National Assessment of Education Progress has presented a dismal picture. Only 23 percent of eighth-graders tested at or above proficient in civics with no significant sign of progress since 2010.

These numbers serve as a call to action.

California and our nation are facing a crisis in civic learning. The problem is growing by nearly every measure – including record low voter turn-out – and this is putting our democracy at risk.

Preparing students for informed, engaged participation in civic and democratic life is not just essential; it is entirely consistent with the goals of increasing student achievement and closing achievement gaps.

In response to this problem, California Chief Justice Tani G. Cantil-Sakauye teamed up with State Supt. Tom Torlakson to establish the California Task Force on K-12 Civic Learning.

The Task Force has released a report with recommendations to elevate the status of civic learning in schools.

We now also have a pilot network of six local partnerships. Los Angeles County – along with Alameda, Butte, Fresno, Sacramento, and San Diego counties – is taking action.

I am leading the Los Angeles County Civic Learning Partnership, along with David Rattray, executive vice president of the Los Angeles Area Chamber of Commerce and Associate Justice Laurie Zelton of the Court of Appeal, Second Appellate District.

We are reaching out to districts to adopt school board resolutions, policies and Local Control Accountability Plans that incorporate the Task Force recommendations.

At LACOE, our California Democracy School Civic Learning Initiative has provided schools professional development, coaching and technical assistance, as well as mini-grants to create innovative programming at each site.

This year, we are creating a series of 12 online professional development webcasts that will be available to districts at no cost. These resources are available on our website, [laoe.edu](http://laoe.edu).

Civic learning deserves a lot more attention and support in the education community. We need to ensure that our students develop the knowledge and skills they need to participate in our democracy.

Arturo Delgado, Ed.D., was appointed superintendent of the Los Angeles County Office of Education in July of 2011. With headquarters in Downey, the Office is the nations largest regional educational agencies, providing a range of programs and services to support the county's 80 public school districts and 2 million preschool and school-age children. 9300 Imperial Hwy., Downey, CA 90242 • 562/922-6360 • [www.laoe.edu](http://www.laoe.edu)

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**Susan D. Marshall**

**Is the "Gap Year" for you?**

Have you ever seen a child frustrated to the point of tears? Sure you have; especially if you are a teacher or parent. Many times children don't readily respond to a task, a concept, or an assignment they are required to do.

Occasionally, a learning gap can cause children to fall behind, making them feel "stupid", less confident, and ready to give up.

Yet, it is pure joy; when you see the glimmer in their eyes, hear the excitement in their voice when the light bulb goes on and they get it. Helping a child find the light switch, the missing link isn't always easy.

Sometimes TIME is the answer. For whatever reason, by taking a step back, giving the concept or activity a break, then revisiting it at a later date can make all the difference in the world.

Is TIME the answer for your college bound student before they step into college?

The "Gap Year" for many college bound students is the answer. A gap year is usually taken before college or before going to graduate school. This can provide students with additional insight to their dreams and aspirations – whether it is AmeriCorps, Peace Corps, a mission trip or a program such as Outward Bound. The additional programs they can do after high school but before college even look impressive on college applications. Colleges have found that those who have had a gap year typically do not have the same level of freshman shenanigans and are successful driven students. Would the gap year help you?

Susan both educator and advisor specializes in college planning. She helps families save for and pay for college. If you have questions you would like answered in a future article contact her at Susan@College4Less.com or on her Web site at www.college4less.com



**Sandy Spurgeon McDaniel**

**Supporting A Fallen Grandparent**

To my grandchildren, I am "Bam."

Recently I had two heart surgeries a month apart. The sudden absence of a grandparent coupled with the fearful energy transmitted by the adults is traumatic for children. I believe in telling children a modified version of the truth (not all the gory details), "The doctors are going to open up Bam's chest so they can fix her heart." Answer questions

specifically without any drama. To "Will it hurt?" respond, "They will give her lots of medicines so she won't feel any pain." When they asked me, "Could you die," I answered, "That's always a concern when there is surgery and I plan to be here to watch you grow." I believe it is a mistake to tell children there's nothing to worry about when their radars tell them differently.

My four year old grandson was having nightmares, because I was in the hospital, so we took a picture of the ICU room with all the machines and prepared all three grandchicks for what they would see when they came to the hospital. Within five minutes they were fighting over who could make the bed go up and down so we knew they were relieved.

Children who are not taught to honor their feelings and asked to stand up in a family storm won't learn to do so in their own lives.

Sandy Spurgeon McDaniel has written four adult books, and a new children's book: *Believe You Are Beautiful*. She has 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, Amazon and Kindle

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# Slow Cookers: Easy for All

*This column provides insight from Carol Berg Sloan RD, (a registered dietitian for 37 years) and her daughter Kelly Sloan, (a dietetics student at the University of Hawaii). Both give their perspective and tips to help make healthier food and beverage choices.*



**Carol Berg Sloan, RDN**

### Carol shares:

I can bake but I'm not much of a cook. I don't really enjoy all the time spent prepping and following recipe directions after a long day of work or when I'd rather be doing something else.

My dream kitchen appliance is the slow cooker or as most call them, the Crock Pot® (which is a brand much like Kleenex® is a brand to tissues). My parents had one in the 70's when slow cookers were all the rage. They used theirs mostly for keeping party meatballs warm during holiday parties, however slow cookers are now used to make just about anything including overnight breakfasts and desserts. Interestingly, in a 2011 Consumer Reports survey, 83% of all families now own one of these miracle gadgets.

One of my favorite recipes for the slow cooker is chicken noodle soup. It is so easy to throw all the ingredients in the pot in the morning and come home to delicious soup that is just about ready to eat in the evening.

If you don't have one, splurge on the approximately \$40.00 that a slow cooker costs now. You will wonder how you ever lived without one!

### Carol's Chicken Noodle Soup, Slow Cooker Style

#### Ingredients:

- 8 cups vegetable broth
- 1 cup onion, chopped
- 1 cup carrot, chopped
- 1 cup celery, chopped
- 1 bay leaf
- 1 tablespoon Italian seasoning
- ¼ cup freshly squeezed lemon juice
- 1/2 teaspoon fresh ground black pepper, to taste
- 1 teaspoon hot sauce
- 8 ounces chicken tenders
- 4 ounces wide egg noodles, uncooked
- 1 cup frozen peas
- 1 cup frozen corn

#### Directions:

Place broth, carrots, celery, onion, seasoning, bay leaf and chicken in slow-cooker. Cover and cook 6 hours on high. Remove chicken, shred and return to soup. Discard bay leaf. Add lemon juice, stir and then add noodles, peas and corn cover with lid and cook on low for 1 hour. Just before serving add hot sauce. Enjoy!



**Kelly Sloan**

### Kelly says:

Colder weather is upon us and it's time to bring out the blankets, turn up the heat and dust off your slow cooker. These cookers can be used for a variety of recipes such as pot roast, chili or even desserts! As a busy student, finding the time to prep food can be difficult. One of the most common, easiest and least expensive ingredients used by poor college students is pasta.

Try my easy and delicious Spinach Lasagna, it's my go-to dinner recipe for while it's cooking, I can focus on my studies

### Spinach Lasagna

#### Ingredients:

- 1 package (8 ounces) no-cook lasagna noodles
- 1 (24-ounce) jar tomato-basil pasta sauce (or your favorite kind)
- 4 cups (16 ounces) shredded mozzarella cheese
- 1-1/2 cups (12 ounces) low-fat cottage cheese
- 2 cups spinach

#### Directions:

Spread pasta sauce on bottom of a 5-qt. slow cooker. Arrange a third of the noodles over sauce (break the noodles to fit if necessary). Spread a layer of cottage cheese, mozzarella cheese and sauce over noodles. Repeat layers twice. Top with remaining sauce and cheese.

Cover and cook on low for 2-3 hours or until noodles are tender. Yield: 6-8 servings.

Kelly Sloan-Staff Writer, Ka Leo O Hawaii  
Twitter: @KSloan6 University of Hawaii at Manoa



**Carol's Chicken Noodle Soup**

Carol Berg Sloan, RD is a nutrition therapist in Long Beach. She can be reached at: cbsrd@verizon.net

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