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



Volume 23, Issue 144

February–March 2022



Community Learning Hubs



Mobile Recess

Long Beach Parks, Recreation & Marine

(please see page 12)



Tiny Tots Youth Soccer

Take a First Step

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...AND MORE!

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562/493-3193 • kay@schoolnewsrollcall.com

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CONTENT COORDINATOR: Barbra Longiny
GRAPHIC DESIGNER/PRODUCTION: Emily Ung

COPY EDITORS:

Kate Karp, Anna Zappia

SOCIAL MEDIA: Nancy Lueder

Netragrednik by Neta Madison

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Kay Coop
Founder/Publisher



Neta Madison
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This is our 23rd year publishing School News. Thank you to our loyal readers during these years and if you are new to LBUSD thank you for including School News among your reading choices.

This is an exciting issue as we have included almost every school in the district, which is always our goal. The layout is a puzzle to accommodate the various pictures; therefore, you may find the schools a bit out of order. The alphabet hasn't changed — just our layout.

In this issue I've included a Seek 'n Find Contest. All ages may enter. Have fun!



Since our next issue is April 6, I'll wish Dr. Seuss a Happy Birthday early. Enjoy Read Across America on March 2nd.



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Recovery Underway

As we approach the two-year mark of the pandemic, the Long Beach recovery is well underway — and our great local schools are a crucial part of that recovery.

Education is the cornerstone of a healthy, strong community, and the best path to success for young people. I've always pledged that the City would work closely with our schools to ensure that quality education is

Dr. Robert Garcia
Mayor

equally available to everyone, and that's why I recently announced our commitment to Universal Pre-K for everyone in Long Beach.

This year, we plan to launch a centralized enrollment system for Universal Pre-K across the city. Families who access Pre-K through the school district or through a private provider will all be able to sign up through this centralized system. This will allow us to share data and make sure that we are providing equitable access to quality Pre-K for all of our youngest residents.

Meanwhile, students are back in school after almost two years of uncertainty and isolation. The City has been working closely with the District since the start to help ensure a safe return to classroom instruction. Long Beach was the first city to vaccinate teachers and school employees, and we're proud that these efforts have enabled the schools to stay open.

Now, we've also added new testing capacity at a testing center open only to LBUSD students and staff. Any LBUSD student or employee who is experiencing possible symptoms of COVID-19 can get a free PCR or rapid antigen test weekdays from 9 a.m. to 4:30 p.m. (with a break for lunch from 12:30 to 1:30 p.m.) at Cabrillo High School, 2001 Santa Fe Ave.

The Omicron surge did cause cases to spike here in Long Beach and across the country, but thanks to the high vaccination rates in our community, we have not seen the same surge in hospitalizations or mortality. I want to thank each and every person who has been vaccinated, and to all the parents who have worked to get your kids vaccinated too. You are helping slow the spread, protect our healthcare workers, and keep the community as safe as possible. And that's helping our city recover stronger and faster.

Even though these have been two incredibly difficult years for all of us, I've never been prouder or more grateful for our community. Thank you for caring for each other, for supporting your students and teachers over these challenging months, and thank you for everything you do to make Long Beach the best city in the world.

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Commemorations and Celebrations

For many of us, 2022 feels like another year of worry, uncertainty, and confusion. This especially rings true for our children. I believe it is more important than ever that we take time to recognize the bright lights of humanity, both past and present. Commemorations and celebrations can lift our spirits and give kids hope for a brighter tomorrow.

Keir Jones
Mayor

Signal Hill is flying 10 commemorative flags throughout 2022, each representing a specific group and/or event. Our goal is to celebrate these groups and their rich contributions. Each flag will aim to educate and inform the public regarding the group's presence, history, and achievements.

Through the month of February, a commemorative Black History Month flag will fly at select City facilities. The Signal Hill Public Library will host special events (as permitted) and educational displays to highlight the history, culture, and achievements of African Americans.

In March, we will celebrate Women's History Month with the Women's Suffrage Flag. The purple, white and gold flag was used by the U.S. National Woman's Party, a critical part of the fight for women's suffrage. Women's History Month recognizes the impacts women have made throughout American history. We look forward to working with local women's groups to celebrate the month.

April and May will bring new commemorations as we recognize healthcare workers and public service workers. We will also raise flags in honor of Asian American and Pacific Islander Heritage Month and Pride Month. Our community is home to many members of these communities and professions, and we are proud to celebrate them.

This fall, we will celebrate our nation's labor force with a special Labor Day flag. We will also mark National Hispanic Heritage Month, September 15-October 17, with a commemorative flag. Our final flag of 2022 recognizes Native American Heritage Month, which is celebrated annually in November.

During each corresponding period, we will be holding commemorative programs at the Signal Hill Public Library, special presentations at City Council meetings, and special public events as permitted. Please stay tuned to our website, social media channels, and newsletters for updates on these programs. We hope your family will participate. We aim to give our children a rich understanding of American history and its diversity.

I look forward to celebrating the special people who have contributed so much to the fabric of our society. May we draw strength from them in the coming months.

2175 Cherry Ave., Signal Hill, CA 90755 • 562/989-7300
www.cityofsignalhill.org

City of Long Beach, City Auditor



Laura L. Doud
City Auditor

Resources of Hope: Long Beach Libraries

What makes Long Beach's libraries resources of hope? Libraries play a critical role in promoting literacy development, educational activities, digital skills, health information, and economic materials. As such, they are resources of hope providing learning spaces, varied opportunities, and valuable services for everyone - kids, teens, and adults.

We are so fortunate that our Library Department offers hope through the main library and 11 neighborhood branches geographically dispersed throughout Long Beach and an array of online services. Since libraries are important to our diverse and dynamic City, we wanted to see if our libraries were meeting the social, cultural, and economic needs of our community members. Therefore, we performed an audit to assess the equity and effectiveness of Long Beach's Library materials, services, and programs compared to the communities they serve, library standards, and best practices.

We found that the Library can improve by developing a better understanding of the needs of each diverse community it serves and use that understanding to define the Library's strategic goals and services. For example, we found the Library offered most programs and materials in English even though Long Beach is linguistically diverse. So, one of our recommendations was that the Library use data, such as community demographics, to offer programs and materials in languages other than English where needed.

In addition, we found the Library can expand its reach through greater partnerships and better promotion of all it has to offer. We recommended the Library maximize partnerships with other City departments and community organizations to help fill gaps in service areas including technology, economic and digital inclusion, and youth and adult education programs. We also recommended that the Library maximize promotion of services to let community members know of their offerings with tailored outreach activities throughout Long Beach's different neighborhoods.

We commend the Library for agreeing to our recommendations and beginning to implement them to better meet the needs of our communities. Over the last year, the Library has expanded services. For example, new language resources through Khmer indexing allows patrons to search for Khmer materials more easily. The Library also launched several new digital and online services. This includes partnering with the City's Technology and Innovation Department for Tech To Go, the library's Chromebook and internet hotspot lending service and partnering with GetSetUp, an online learning service with interactive classes for adults ages 55 and older. These digital and online resources are especially important during these challenging times as in-person services are not always accessible. Be sure to check out all the valuable Library offerings available at LBPL.org.

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www.CityAuditorLauraDoud.com

City of Long Beach, City Prosecutor



Douglas P. Haubert
City Prosecutor

Rising Crime in Long Beach

Is crime increasing in the City of Long Beach and, if so, what is the cause?

This is the most asked question I hear when I speak at neighborhood groups. The answer depends on the time period and what crime statistics are being reviewed.

As City Prosecutor, all crimes are important to me. My office handles over 10,000 misdemeanors each year and behind most crimes there is a victim whose life is affected.

While the data is sometimes unclear, what is certain that is major crime categories, which had shown a steady decrease over the past 30 years, are now showing increases.

The most significant category is murder. Nationwide, the murder rate jumped 30% in 2020. In California the number of murders increased 31%. Crime experts called it the largest single-year increase in murder since 1905.

In 2021, the murder rate has continued to rise. Last year, the murder rate in the City of Los Angeles rose 12%, while in Los Angeles County it rose 41%.

In the last 2 years, the rise is even more significant — City of Los Angeles murders have increased 54%, from 258 to 397. In Angeles County, murders have increased 92% over 2 years, from 145 to 280.

In Long Beach, the murder rate did not increase at all in 2021. However, looking at the last 5 years, murders have increased to 37, about 17% higher than the 5 year average.

People are rightfully concerned, and it is natural to look for causes. The experts agree the pandemic and social justice unrest is at least partly responsible, but there is no way to know to what extent these events have affected the murder rate or crime overall.

The safety of those who live, work and visit Long Beach is my priority. There is much work to do, and my office will continue to take a lead to combat crime every way possible.

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2022 Financial To-Do List

2022 is in full swing and with every new year comes annual financial responsibilities. Planning your financial tasks for the year can feel overwhelming, but if you can break it down by remembering a few key dates and deadlines, you won't be caught off guard when the time comes. Here's your financial to-do list for the year:

Jeffrey A. Napper
President & CEO

File your taxes by April 18: This is the filing deadline to submit your 2021

tax returns. Make sure you are gathering all the proper documents needed to file. With the pandemic creating more challenges and shipping delays, the IRS recommends filing electronically for any refund or payment due.

Re-visit your financial goals around June:

Summer will be here before you know it, and this is a great time to check back on how well you're doing with your goals. Get a free annual credit report, or review your savings to make sure you're on track for that down payment on a home or family vacation.

Plan for next year's health coverage in

November: If you have open enrollment in January, this is the time to reevaluate your health coverage plans, costs, and make any changes for 2023.



As Forbearance Ends, Military Members are Protected

CathyLyn Brooks

About 1.25 million homeowners, of the 7.6 million that participated, will lose mortgage forbearance offered by the Coronavirus Aid, Relief, and Economic Security (CARES) Act. While this legislation protected all borrowers with federally backed mortgages, military members enjoy even more protections from abuses of lenders and housing providers with extended rights granted in 1957 by the Servicemembers Civil Relief Act (SCRA). As borrowers begin loss mitigation, lenders have come under scrutiny as veterans and active military have been forced to file complaints with the Consumer Finance Protection Bureau (CFPB) and this is being reviewed to determine if further actions are warranted.

As a warning, the Department of Justice (DOJ) and CFBP have sent a letter to lenders, and housing providers, reminding them of these rights, their responsibilities, and the consequences of not following the established laws and regulations.

Complaints have included that mortgages under forbearance have been reported to credit agencies as delinquent, borrowers have been receiving incorrect and confusing communications pertaining to forbearance, and lump sum payments are being required for reinstatement of home loans. Further, active military personnel can terminate a lease if deployed to another area, and cannot be evicted without a court order and other notification safeguards employed via the legal system.

If you are a veteran, active military, or homeowner with a federally backed mortgage and feel you are not being treated fairly, here is the link to file a complaint: <https://www.consumerfinance.gov>. You will find the letters sent there, under Enforcement.

CathyLyn Brooks, CRS, GRI 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. She holds Broker's License No. 00797147 and is affiliated with United Real Estate Professionals in southern California. Consumers should seek legal and tax advice pertaining to their transactions. She can be reached at real.estate.matters@outlook.com

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*APY= Annual Percentage Rate. Rate is 2.47%. Rates subject to change at any time. No minimum balance to open account or to obtain APY. Deposits must come electronically from a school or college payroll with a maximum deposit of \$2,000 per month. Account pays out on September 1st to an LBS Financial Savings or Checking account. Funds can be withdrawn throughout the year, as needed, through Online Banking, Mobile Banking, by phone, or at any of our branches. \$2,000 one-time catch up deposit allowed on new accounts.



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THC Overdosing from Edibles on the Rise in School-Aged Children



Babak Rahimi, M.D.,
*pediatric cardiologist,
Children's
Heart Institute,
MemorialCare
Miller Children's &
Women's Hospital
Long Beach*

With the legalization of marijuana, it's important for parents to be mindful how accessible marijuana can be for kids. While it's important to watch our teenagers with marijuana use – an alarming new trend is occurring in children much younger.

There has been an uptick in younger children who are suffering from THC overdose, from consuming THC-infused edibles that look like candy. THC edibles such as – gummies, brownies, lollipops, and even lemonade and soda – are growing in popularity. The packaging can appeal to younger kids, who may not even know what THC is.

A little over a year ago, THC-infused candy that looked very similar to Nerds Rope® caused several kids to die from a THC overdose. Despite an edible's welcoming appearance, a single THC-infused candy bar can contain several times the recommended adult dose of THC. This creates a significant issue for toddlers and school-aged children. In addition, since THC is digested the "side effects" could take hours to develop, causing kids to eat more since they won't feel any initial reaction.

Anyone can overdose from the effects from edibles – but children especially can experience altered perception, anxiety, paranoia, dizziness, weakness, slurred speech, poor coordination, apnea and heart problems. It's not well known yet what the long-term effects of edibles have on your child's heart, but some children complain of a tightened chest and pain similar to a heart attack.

If you see your child experience any of these signs call 9-1-1 immediately. Learn more about children's heart care at millerchildrens.org/EliteHearts.



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From left:
Saar Danon, M.D.
David Chun, M.D.
M Babak Rahimi, M.D.

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Assistance League® of Long Beach

Largest One Day Group of Volunteers

By Liz Krummel, Marketing Chairman

Requests from Long Beach schools for backpacks filled with clothing and school supplies for children in need overwhelmed Assistance League® of Long Beach's Operation School Bell® (OSB) program this September after a year of pandemic school closures. Our phone was ringing off the hook! Between September and November OSB volunteers visited over 25 schools, twice the number requesting on-site sizing in past years. An amazing 11,000 backpacks were assembled and delivered in a short time frame.

Fortunately, Key Clubs from our local high schools came to our rescue. After finding out about the program through a social media post, multiple Key Clubs donated school supplies. Impressed by what we do, they wanted to do more than donate – they wanted hands-on volunteering. On October 17, 90 club members from Poly, Sato, McBride, Jordan, Cabrillo, Millikan, Wilson, and Rancho Dominguez Prep Academy showed up to help. It was the largest one-day group of community volunteers we have ever had. Additionally, on November 7, 85 Key Club members

packed backpacks and unloaded and organized inventory shipments from vendors. Over 120 cartons were all put away, organized by size and color. We couldn't have done it without them!

In addition to filling regular requests for school clothes, OSB selects one school each year for Action Packed!, a day when each student at a school receives a backpack filled with new clothes, school supplies and books. This year at Lindsey Academy 60 Assistance League member volunteers and 22 Corporate Partners measured 207 students for clothes. Students also received ear buds to use with their Chromebooks, a necessity to help them focus while studying at home.

Besides Operation School Bell, the 800 Assistance League of Long Beach members support our other programs: Orthodontic Program, Kids on the Block, ALA Carte, Assault Survivor Kits®, the Howard and Asian Art Collection, Launching Literacy, Mentoring, Scholarships, Adopt a Family and Vocational Training. If you are interested in participating or would like more information, please contact us at info@ALLB.org or 562.627.5650. Check out our website www.ALLB.org.



Ask Dr. Shari



Dr. Shari Sweetnam

Good for the Mind & Great for the Heart

The way we choose to spend our time and the activities in which we engage help form our value system. With a wide array of possibilities and opportunities, volunteering is a positive and vastly beneficial way of helping young people develop a strong sense of self.

Volunteering offers benefits spanning from the intellectual and spiritual to the educational and professional. As young people give of themselves and their time, they can learn about being selfless. In a busy world of "pursuit of personal happiness," too often the intrinsic values of empathy and giving are the lessons that are overlooked. Helping others via a structured volunteer program is a positive and safe way to develop oneself in this regard.

Additional Benefits of Volunteerism:

- **Networking:** Volunteering brings people of like minds, interests and values together. This will inevitably lead to positive interaction and healthy relationships.
- **Building the Résumé:** Engaging in service to others and taking the initiative to learn new trades or skills is a brilliant way to expand your portfolio.
- **Personal Growth:** As Mahatma Gandhi said, "The best way to find yourself, is to lose yourself in the service of others." Teens who experience growth at an early age are likely to continue cultivating positive behavior and friendships.

Motivational Speaker, Founder of *The Brainpower Programs for Schools*, Author, Consultant, Radio Host contact: info@doctorshari.com, www.doctorshari.com, twitter: DrShariS, Youtube: Dr. ShariS, LinkedIn: Dr. Shari Sweetnam

American Business Women's Association



Trina Nkhazi
National President

Life-Changing Benefits of the American Business Women's Association is a Gift

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

Rebecca Lalwani is a 16-year member and the President of the Pathfinder Chapter of American Business Women's Association (ABWA). Her personal testimonial attests to the life-changing benefits of this organization. Over the years, she felt failure and disappointment and vividly recall the rays of light that came from her ABWA sisters. They would come as a voicemail, or a text, or a card. They never stopped encouraging her to come back to the meetings and become involved. When she did, it was then that she realized with certainty, ABWA is a gift. Always offering positive support and numerous paths to find the tools to empower ourselves and others through a variety of resources. On our own timeline. On our own terms.

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. For more information on ABWA and Scholarship Opportunities, email charriswalters@gmail.com, or visit www.abwa.org

Arts Council for Long Beach

Art Kits

By Cynthia Luján, Education and Community Programs Associate

The Arts Council for Long Beach has distributed 1,500 Art Kits to schools and community groups during the pandemic thanks to donations and sponsorship from local organizations and businesses. Teaching Artist, Betty Rosen says "We wanted to give everyone the opportunity to continue to express themselves creatively. Lessons are designed so they can explore watercolors, mosaics, and focus on positive things. We are developing Phase 4 now, with the topic of Birds."



Turtle: I Love My Shoes
Aida Jamali's 3rd grade Herrera Elementary.

115 Pine Ave., Suite 350, Long Beach, CA 90802 • 562/435-2787
www.artslb.org

Rancho Los Alamitos

4th Grade: Footprints on the Land

By Katie Lowe, Manager of Education and Public Engagement



Fourth-grade classes are invited to join school docents for a live virtual field trip to Rancho Los Alamitos this spring. Footprints on the Land is a docent-led tour

exploring the historic site's Ranch House, Gardens, and Barnyard in connection to larger themes in California history, including diversity, change, and resilience. The tour supports HSS CS 4.1, 4.2, 4.3, and 4.4. Available on Wednesdays and Fridays, these one-hour tours on Zoom feature one of the site's areas, with prompts for student interaction and participation. Complete this form to learn more about the tour topics and dates and to begin the process of scheduling your class for a tour:

<https://forms.office.com/r/NS6VL8xP5M>

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Read Your Food Labels



**Carol Berg Sloan,
RDN, FAND**

Food labels help you to understand the composition of food: vitamins, minerals, calories and fats. It is important for consumers to stay aware of changes to the labels on their foods so they can make informed decision when buying groceries and preparing meals for their families.

For example, a new U.S. Department of Agriculture (USDA) labeling law took effect on January 1, 2022. The National

Bioengineered Food Disclosure Standard provides the labeling rules for foods that have been bioengineered. These foods were previously labeled as containing “genetically modified organisms” (GMOs). There are just a few foods that have been bioengineered, they include alfalfa, apples (Arctic™ varieties), canola, corn, eggplant (BARI Bt Begun varieties), papaya (ringspot virus-resistant varieties), pineapple, potato, salmon (AquAdvantage®), soybean, squash and sugar beets. In addition to this new label, the Non-GMO Project and the USDA Organic symbols will continue to be found on food products. Research, including that from the National Academy of Sciences, has verified the safety of bioengineered food in recent years. For more information, you can contact USDA’s Agricultural Marketing Service <https://www.ams.usda.gov/rules-regulations/be>



**Kelly Sloan,
MS, RDN**

Hawaii is the only U.S. state to commercially produce papaya.

Interestingly, the papaya industry was affected by a disease called ringspot virus in the 1990s that was damaging crops. University researchers were able to provide seeds and trees that were resistant to the virus and now the Rainbow papaya is a strong crop in Hawaii. Papayas are an excellent source

of vitamins A and C. and if you have had one, you know how delicious and satisfying there are.

Here’s a recipe that encourages consumption of fruits and vegetables and supports immune health: a half papaya filled with non-fat plain Greek yogurt, sprinkled with a homemade granola and topped with sliced strawberries. Easy and nutritious ...enjoy!



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

Ask Dr. Shari



Dr. Shari Sweetnam

Lessons of POWERFUL Communication

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

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

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

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

Ask: Don't claim to have the answers. Get a depth of clarification on their views that contradict your own. Accept that people have different value systems. You will never change a person's mind by imposing your values on them; this only creates defense and negativity. If you want to share an opposing view, do so respectfully, acknowledging that you understand and accept that your partner in the conversation might feel differently.

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

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

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

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

Please share your stories of how you and your children practice to be powerful communicators. ss@doctorshari.com

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

Parent To Parent



Jodie Lynn

Why is Everyone Rude these Days?

Q. I'm extremely tired of people thinking that everyone else cares to hear about their opinion, even in stores and public places. How do we keep our kids down to earth in their communication with friends, family and others?

A. I think a lot of this "I am important, have important opinions and my opinion counts" attitude comes from the multitude of places for people to share their life via social media. However, getting your digital footprint even close to where it needs to be if you want to gain popularity, fame and business opportunities can be overwhelming to say the least. People of all ages, pet owners, moms and dads and grandparents sharing about their children and grandbabies, life in general, cooking, businesses, etc., are all caught up in the popularity. When we go grocery shopping, you may hear several people talking on their phones because they have been motivated to share. This is annoying if it goes on too long. This seems to be a favorite time for kids and teens to be on their phones; it's also something many adults should know better than to do. You'll have to impress upon your kids that not everyone wants to hear what they have to say at all times. It's much more respectful to the people around you to save your phone calls for later. Be sure you're following your own rules as well and keep your comments to yourself at least for the hour or so you are in stores.

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

Contest!



This Mr. Ruler is hiding on three pages. When you find him, email the 3 page numbers to:
Kay@schoolnewsrollcall.com
Please put LB in the subject line.

Your entry must be received by March 15, 2022. From the correct entries, we will draw a winner to receive a \$20 gift certificate redeemable at Barnes and Noble.

Long Beach Parks, Recreation & Marine

Spring Classes and Activities for Youth

Parks, Recreation, Marine is excited to welcome the community back to in person classes and activities. Staff has re-imagined many programs through Mobile Recess, virtual programming, and Community Learning Hubs to provide safe experiences. The "Recreation Connection" publication is loaded with information about spring classes and activities, and is available on-line at LBParks.org or in park community centers and city libraries.

Free Recreation Programs

Youth can safely engage in free, fun, enriching activities during after school hours.

Community Learning Hubs

Community Learning Hubs support kindergarten through eighth grade students enrolled in Long Beach Unified School District Independent Study. The free Hubs provide a safe space with high-speed internet to complete distance learning assignments during the school day and the option to participate in enriching after-school activities, including academic support, sports, fitness and more. The Hubs are offered weekdays from 7:30 a.m. to 5 p.m. at Houghton Park, 6301 Myrtle Ave.; McBride Park, 1550 Martin Luther King Jr. Blvd.; Orizaba Park, 1435 Orizaba Ave. and Veterans Park, 101 E. 28th St. Register at <https://bit.ly/3nZvnMS>.



After-School programs

After-School Programs for children ages 5 to 12 take place weekdays at the end of the school day at varying times per location at 21 parks throughout the City. Visit <https://bit.ly/3IAuC4T> for locations. Participants will receive homework assistance and enjoy enrichment activities and new games that follow COVID-19 safety guidelines. Register at <https://bit.ly/3nZvnMS>. Enter name of park location and "After School Program" in search bar.

Virtual Recreation Programs

Kids can participate in enriching, fun activities from the comfort of their home, by accessing a wide variety of videos from arts and crafts to fitness, dance, cooking and more on the PRM YouTube channel beginning in March.



Mobile Recess

The Mobile Recess Program brings recreation activities for youth ages 5 through 14 (Grades K-8) to neighborhood streets. Kids can join in supervised physical fitness and arts and crafts, games and more. Participants must register online on at <https://bit.ly/3qX8wDJ>, or in person at a Mobile Recess location, Monday through Friday, from 2:30 to 5 p.m. The program is held at these sites:

Monday & Wednesday: Atlantic Plaza Park, 1000 Via Wanda Ave.; Craftsman Village Park, 851 Orange Ave.

Tuesday & Thursdays: Rose Park, Orizaba Ave. & 8th St.; 17th St. between Henderson and Chestnut Aves.

Fridays: 23rd St. between Cedar and Chestnut Aves. Burton Chace Park, Market St. and Dairy Ave.

Recreation Classes

Registration for Long Beach Parks, Recreation and Marine classes offered March through May for preschool, youth and teens is going on now. These programs provide opportunities for social interaction and learning, exercise and recreation, and growth and relaxation for preschool-aged children to adults.

Preschool: Preschool Cooking Thyme, Spanish language immersion, Preschool Readiness, Little Music Makers, D-Up Tiny Ballers (Basketball) and Soccer.

Youth: Cooking for Kids, Mexican Folklorico Dance, Reading and Math Development, Exploring Instruments, Piano, Keyboard Kids, and Rockin Guitar; D-Up Ballers (Basketball) Martial Arts and Soccer.

Teens: Basic Cooking for Teens and Online Driver's Education.

Swimming Instruction for all ages

There are three easy ways to register including:

- Visiting www.lbparks.org and click on "Online Registration" under "[LB RecConnect](#)."
- Calling 562.570.3111.
- Visit the Registration Reservations Office at 2760 Studebaker Rd., Monday - Friday, 8 a.m. - 5 p.m.

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Long Beach Unified School District



Dr. Jill Baker
Superintendent

Making Strides Despite Obstacles

We all know that 2022 got off to a difficult start in schools across the country and locally. Following winter break, we faced the impact of the omicron variant and a global pandemic that entered its fourth calendar year.

Even as we cope with the pandemic, our Board of Education and leadership team is keeping an eye toward the future, and you can read more about our plans under the Learning Acceleration and Support Plan at lbschools.net. Some of our latest efforts include the hiring of 400 certificated staff, including teachers, counselors and social workers. And we are implementing literacy acceleration and intervention at every elementary and K-8 school.

Although the pandemic continues to take a toll on everyone's collective psyche, as educators we are more convinced than ever that prioritizing in-person learning – versus reverting to virtual education – is the right thing to do. Our students clearly need the academic and social-emotional support (now more than ever) that only a traditional classroom setting can provide. We are firmly committed to helping our students recover from this pandemic both emotionally and academically.

As we learn how to live with COVID, our school system is making other positive strides, too. Consider just a few examples:

Our California Academy of Mathematics and Science ranked No. 1 among magnet high schools statewide according to niche.com's new list of California's top high schools. Several other LBUSD high schools ranked highly overall and in the magnet category. In Niche's magnet category, LBUSD's Sato Academy of Mathematics and Science ranked 9, McBride

High School ranked 21, and Renaissance High School for the Arts ranked 64. Renaissance also ranked 25th among best high schools for the arts in California.

Our Foster Youth Unit was honored the prestigious Golden Bell Award, the highest honor from the California School Boards Association. This honor demonstrates our districtwide commitment to equity. Fostering Success: A Network of Districts Improving Education Outcomes for Youth in Foster Care is a multi-district professional learning network that collaborated for more than four years to identify and address the systemic barriers facing youth in foster care – barriers that historically have contributed to lower academic achievement. The successful collaboration resulted in the publication of a best practices guide designed to share implementation tools with school districts throughout California.

LBUSD's credit rating was upgraded due to its improved budget flexibility, build-up of reserves, and lower revenue volatility, according to the latest bond ratings. Fitch Ratings, the global credit rating and research service, recently assigned a high AA- rating to the school district. To investors, this rating signifies high quality and low risk. A high credit rating helps to save taxpayers millions of dollars in interest on bonds approved by local voters to build, repair and upgrade school campuses. Independent auditors also have consistently given LBUSD's finances, including its school bond finances, the highest possible ratings.

As we pause to celebrate such accomplishments, we also look to the future and a brighter day for our students and schools. We continue to plan for community visioning sessions, allowing input from our stakeholders on their dreams for students in LBUSD, and what will bring out students' greatness.

We deeply appreciate the contributions of everyone who supports this important work.

Board of Education



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LBUSD Board of Education

Navigating Challenging Times

By Douglas Otto, J.D.

Board of Education Member, District 4

More than a year ago, I succeeded longtime Board of Education Member Jon Meyer as the District 4 representative on the Long Beach Unified School District Board of Education. I was formally sworn into office in December of 2020, and it has been a privilege to serve since then. I've received a warm welcome from my colleagues on the Board of Education and especially Superintendent Jill Baker.

I am a product of LBUSD, having attended Patrick Henry Elementary School and John Marshall Junior High School before graduating from Millikan High School. I work as an attorney in private practice in Long Beach but before that, I earned a B.A. from Stanford University; an M.A. jointly from Columbia University and Union Theological Seminary, and a J.D. from the University of Chicago. Since I returned to Long Beach, I have chaired and been active on a number of city committees, task forces and institutions including Long Beach Heritage, the Long Beach Planning Commission, Arts Council for Long Beach, the Long Beach Strategic Plan and the Aquarium of the Pacific. For 16 years I served as the Long Beach City College Trustee for the same area in which I currently live.

Since I was elected without the necessity of a runoff on March 3, 2020, I had nine months to prepare for office. I used that time by personally visiting all 20 principals of schools in Area 4 with outgoing school board member Jon Meyer. Jon is a dear friend and has an encyclopedic understanding of LBUSD and education issues.

After my many years in public education and governance I can say without hesitation that our public schools here in Long Beach and nationwide currently face some of the most difficult challenges they have ever seen. The COVID pandemic temporarily forced the closure of schools nationwide to in-person learning. Fortunately, Long Beach schools reopened last spring, remaining open for summer school and then reopening on a larger scale this fall semester as we started the new school year.

These school re-openings have presented significant challenges, as illustrated by the recent regional spike in

omicron variant COVID cases. During the first weeks of school after winter break in January, many teachers and students could not be at school in-person due to illness or delays as they awaited the results of COVID testing. Even so, we have continued to prioritize in-person learning because we know that for almost all students, a traditional classroom is the best place to receive the academic and social-emotional support they need to thrive and succeed. With the help of substitute teachers and other certificated staff, including some administrators, we have persevered with in-person learning, even as teachers made special allowances for students to complete work at home when needed, posting assignments and grades on our web-based Canvas learning management system.

Amid such ongoing challenges, this school district continues to be mindful of longer-term strategies to continue to focus on academic excellence and equity in the coming months and years. I have been impressed by the heartfelt dedication and skills of our teachers and classified staff, and the district's thoughtful planning, which blends a number of disparate resources, including state and federal funds, to provide our students with the best education possible. I thank everyone, including our many engaged parents and members of the public, who continue to help guide the ongoing planning and implementation of our educational goals.

I want to acknowledge the tremendous patience and hard work of everyone who continue to help us navigate the worst pandemic in our history. Pandemic fatigue is real, and it's understandable, yet precautions including vaccinations, COVID testing, masking, self-screening, hand hygiene, and when necessary, home quarantine, have allowed us to continue with in-person learning.

The past year on the Board of Education has demonstrated to me the great strength of this school system and its ability to endure tough times. I pledge to continue working on your behalf to make sure our schools and students emerge from this challenging era stronger and better prepared for bright futures.

1515 Hughes Way, 4th Floor, Long Beach, CA 90810 • 562/997-8240

Early Childhood Education



Cindy Young
Director
Child Development
Center

Creating Safe Learning Space

As we start this New Year we are continuing to create a safe and welcoming atmosphere for all of our students here at Powell CDC. We have continued to implement our Health and Safety protocols with health checks, cleaning, sanitizing and providing our staff and families with information and answering questions regarding updated COVID related procedures.

With Friendship day coming up in February, our teachers are creating activities and projects that involve building and strengthening their bonds with each other and their families, activities that provide students with opportunities to work on their fine motor development as well as opportunities for students to express themselves through gross motor movements.

We have work hard towards creating a safe learning space for all of our students to return to and are going to continue to work towards creating an encouraging and supportive learning environment for all of our students and families here at Powell CDC.

4400 Ladoga Ave., Lakewood, CA 90713 • 562/421-8210
www.lbschools.net/Departments/Child_Development



LaShell Diggs
Director
Head Start
Program

Equity and Excellence

All children have the right to equitable learning opportunities that help them achieve their full potential as engaged learners and valued members of society. Thus, all early childhood educators have a professional obligation to advance equity.

In Head Start, we believe this statement and follow the lead of the district to continue the learning from the Summer Equity Institute. One way Head Start is implementing on-going equity learning is through monthly professional development days. Each PD day, a portion of the day is set aside to reflect on equity through the use of professional reading, implementation discussions and guest speakers. Another way Head Start is supporting this vision is by creating an Equity and Excellence Leadership Action Team. This team of 20 members meets two times a month and includes teachers, TOSAs, a Speech and Language Therapist, ELCMs, program specialists, program administrator, staff from CDC, and the Head Start Director. As a team, our goal is to support the Head Start family on this journey. We are a program committed to meeting the needs of ALL children and families.

1260 E. 33rd St., Signal Hill, CA 90755 • 562/426-8144
www.lbschools.net/Departments/Head_Start

Alvarado *Elementary*

1900 E. 21st St., Signal Hill, CA 90755 • 562/985-0019 • alvarado-lbusd-ca.schoolloop.com



Cheryl Huber
Principal

Candy Gram

*By Araceli Nunez-Tallman,
Literacy Specialist*

The future of politics is looking bright if measured by these Alvarado All Star student initiatives. After a close race, the elected student council members rallied to include everyone who wanted to participate in their group. The first order of business was holding a fundraiser in the form of candy gram sales. They discussed what to do with the profit, and in the end, charity trumped selfish endeavors. The \$110 were used to purchase new books and toys for Miller's Children's Hospital. This enthusiastic organization is now in the process of observing their community and deciding which needs can be met through their civil service. Perhaps their legacy will shine forever.



Avalon School (K-12)

P.O. Box 557, Avalon, CA 90704 • 310/510-0790
lbalon.schoolloop.com



**Miruna
Ouatu-Lascar**
Principal

Ambitious Project

Avalon K-12 School is getting some much-needed improvements thanks to LBUSD's Measure E. After several years of planning and preparation, construction began in earnest on January 3, 2022. The ambitious project, which will be completed in 6 phases over 2 years, will include the installation of new heating and air conditioning systems in our historic school buildings, the creation of new classroom spaces in our former

shop building, updating all classrooms with integrated educational technology, modernizing the cafeteria and kitchen, as well as adding security fencing and an all-weather athletic field. If all goes according to plan, the project should be completed just in time for our 100th anniversary in 2024.

Birney Elementary

710 W. Spring St., Long Beach, CA 90806 • 562/427-8512
birney-lbusd-ca.schoolloop.com



**Katiria
Hernandez**
Principal

Birney Beehive

Social isolation increases the risk of depression and possibly anxiety. Here at Birney Elementary school this is how we are working on building relationships due to the pandemic. We have created the Beehive, a place where our Birney Bees can work on interpersonal skills. The Beehive is also a place for students to take a break to self-regulate and have a mindful moment during recess or lunch. Students in grades 1st -5th

grade line up near the Beehive and the first 20 students may sign up. We do have a waitlist and our scholars are friendly and take turns signing up. Students can play Connect 4 or color a mandala or just play cards and talk about their day.



Barton Elementary

1100 E. Del Amo Blvd., Long Beach, CA 90807 • 562/428-0555
barton-lbusd-ca.schoolloop.com



**Dr. Jacqueline
Williams**
Principal

Cotsen Foundation

By the Principal and K. Duenas, Costen Mentor

It is an honor for Barton to be chosen as a participant in the Cotsen Foundation program and an even greater honor for seven of Barton's teachers to have been selected as Cotsen fellows and mentor. Our fellow-teachers went through a rigorous process for selection that included an extensive written application, a live lesson observation, and a panel interview with Cotsen professionals.

Part of the Cotsen Foundation for the Art of Teaching's mission is to transform great teachers into the best practitioners they can become. Through ongoing stellar professional development and support by the mentor, teachers are honing their skills and innovating their practice by planning and providing engaging and exciting lessons to students and, in turn, reflecting to be sure that student learning is occurring in the most effective way possible.

Fellow classrooms also benefit from the program. We couldn't be more excited and proud of the hard work focused on teaching and learning that our Barton teacher-fellows and mentor are engaged with the Cotsen Foundation. The positive outcomes for students are evident!

Browning Early College High School

2180 Obispo Ave., Long Beach, CA 90804 • 562/997-1700
browning-lbusd-ca.schoolloop.com



Tomika Romant
Principal

Early College Initiative

By Daniel Miyake, Student Support Specialist

In fall 2021, Browning High School embarked on an Early College Partnership Program with a local community college. This collaboration was designed to give students the opportunity to enroll in and receive credit for college courses while simultaneously completing their high school coursework.

This innovative Early College Initiative has several key benefits that include no enrollment fees, time saved toward earning a degree, and access to the college's resources and services. Beyond these benefits, students receive rigorous instruction on the Browning campus by college professors. This college-level instruction challenges the students to think critically and to maintain their focus.

"The first college course I took at Browning required me to keep up with my work and forced me to get my work done in a timely manner," said 10th grade technology leader Thaiyir Quamina.

The importance of time management at the college level is a skill that Thaiyir and his classmates are learning through this dual-enrollment program.

During the second semester, Browning will host four courses from the community college on our campus.

Bancroft *Middle School*

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



Maria Pilar Perossio
Principal

A Busy Winter

This winter has been a busy one for Bancroft! We celebrated the beginning of winter with a Winter Scavenger Hunt, Art Contest and Spirit Week that encouraged students to reach out to those in need, showcase their artistic talents and to just have fun with their teachers and classmates.

Our Bruin scholars continue to be recognized each month for their achievements during Student of the Month awards. The track and basketball seasons have just started and our Bruin scholar/athletes are off to a great start! We also have Changemakers meeting twice a week who are seeking to amplify student voices on campus and create change for good at Bancroft.



Bryant *Elementary*

4101 E. Fountain St., Long Beach, CA 90804 • 562/498-3802 • bry-lbusd.ca.schoolloop.com



Clarissa Tolentino
Principal

Building Tomorrow's Leaders

The Bryant Student Leadership Council Students are motivators, influencers and guides. As team members, they learn to understand personal strengths, values, passion, and interests, leading to decisiveness and self-awareness.

We expect our student leaders to model good character and to lead by example. During meetings, students work together and assist one another. They are encouraged to take risks, fail, make mistakes, and learn from them, which builds up the likelihood of future success. If students understand that success will not come easily or quickly, they'll become more willing to make mistakes, take risks, and excel in any environment.

Student leadership is incredibly important for a student's development. Taking ownership of both school responsibility and their own lives can help our future leaders meet their future potential.



Buffum *Total Learning Center*

2350 Ximeno Ave., Long Beach, CA 90815 • 562/498-2431
but-lbusd.ca.schoolloop.com



Danielle Wright
Principal

Buffum's Big Day Curriculum Comes to Life

The Buffum Bears had a special treat on Friday, November 12, 2021. Following the Fire Drill the wonderful firemen of Station 17 treated our students to a tour of the fire truck. The staff enjoyed the visit as much as the students. They returned for the PM classes to have the same experience. The preschool Big Day Curriculum has a unit



“Our Community” in which the students learn about those who provide service to the community. This visit provided a real life, tangible opportunity for the students to sit in the fire truck, wear the fire hats, touch the equipment and meet actual firemen. We are so thankful for the kindness, patience and love that Station 17 demonstrated towards our students.

Burcham (K-5)

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



Helen Makridis
Principal

Random Acts of Kindness at Burcham

Burcham students exude kindness! With our recent Raise Craze fundraiser promoting random acts of kindness through sponsorships, our students engaged in activities like leaving snacks out for the mailman, picking up trash after a school event or creating care packages for the homeless. Our special guest, Nellie Lopez, kicked off our kindness drive with words of encouragement. Creating her own non-profit



volunteer group, called Cancer Fighters, Nellie shared with students her volunteer efforts and how little kids can make a difference in the world. Our students raised thousands of dollars for the PTA as they shared the love in our community. We are proud of our Bobcats because kindness is their new way of life here on campus.

Cabrillo High School

2001 Santa Fe Ave., Long Beach, CA 90810 • 562/951-7700 • lbcabrillo.schoolloop.com



Wendy Poffenberger
Principal

Cabrillo Jags Patrons of the Arts

On December 9th, a group of students from our Digital Arts & Animation pathway (SACMAA) visited the brand new Academy Museum of Motion Pictures in Los Angeles. Students were able to explore a little bit of movie-making history that included a retrospective of legendary Japanese animator/director Hayao Miyazaki, a Toy Story 3D Zoetrope,

original artifacts from the dawn of cinema and even pre-cinema history, original costume designs from many big name movies, original Oscar statuettes and actual props from the Wizard of Oz.

On December 17th, Cabrillo Performing Arts students were lucky to be in the room where it happens! With many thanks to Dr. Baker and her Transformation Plan, our students traveled to the Pantages Theater to see Hamilton. Our students were awestruck and inspired by the performances and will never forget this incredible opportunity!



CAMS

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



Cheryl Cornejo
Principal

Semi-Annual Fundraisers

By 2021-22 Yearbook Staff

2022 starts strong at CAMS as students and staff return from winter break. Campus clubs including the Multicultural Club, the Black Student Association, American Sign Language Club, and VEX Robotics have held their semi-annual fundraisers during our first week back. Our Associated Student Body is at work preparing for our winter formal

taking place in early February. With the new year comes a new semester as well; CAMS class-board held elections for the upcoming term with candidates presenting spirited speeches in the quad during lunch as student-voters considered the best choices for their classes. We also anticipate the return of college students to the Dominguez Hills campus after their remote semesters.

And, while we are not alone in the LBUSD being among the best schools, in December, niche.com ranked CAMS the #1 magnet high school in California for the year 2021. Our ranking includes top marks for academics, teachers, diversity, college preparation, and of course, our students who always put forth their very best every day!

We continue the excellence that is CAMS and look forward to a productive spring term!

Chavez Elementary

730 W. Third St., Long Beach, CA 90802 • 562/590-0904
chavez-lbusd-ca.schoolloop.com



Brenda Ocampo
Principal

Mindfulness

Today more than ever, students face challenges that affect their ability to focus, regulate difficult emotions, and deal with stress. With slow, deep breaths, students at Chavez are learning about mindfulness to help develop these skills.

In a series of sequenced lessons, students are taught about the benefits of focusing on the present moment and, in doing so, calm their minds and bodies. They explore their sense of hearing by shifting their focus to sounds in their environment. They also learn to relax and breathe slowly while maintaining their attention on the sound of a singing bowl or a chime. Students often reflect that they feel calmer and more focused afterward.

Students also learn about how daily gratitude practice can help increase happiness and provide protection against depression and anxiety. A daily activity that is encouraged is for students to think of three things they are grateful for each day. They learn that they can often shift their mood by changing their perspective.

At Chavez, students are learning to recognize the importance of taking care of their mental health by slowing down and settling their body and mind using mindfulness practices.

Carver *Elementary*

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



Matthew Monaghan
Principal

Welcome Ms. Romano and Mrs. Wiese

We are lucky to welcome a General Education teacher and an Education Specialist teacher to Carver leading our Collaborative Co-Teaching Preschool classroom. Michelle Romano and Sarah Wiese have been teaching for over 25 years combined. Together they co-teach groups of students and share in the planning, organization, delivery and assessment of their students. Ms. Romano has been with LBUSD

for seven years and has welcomed the challenge and joy of working in this play-based classroom environment. Joining her is Mrs. Wiese who has been with LBUSD for 9 years.



She has been teaching in the CCT classroom setting for three years and is really enjoying being at Carver. It is so fun seeing our preschool youngsters grow and learn in such a supportive environment with amazing educators

Good for you!
You found Mr. Ruler
You'll need this page
number for the contest
on page 11.



Cubberley (*K-8*)

3200 Monogram Ave., Long Beach, CA 90808 • 562/420-8810
lbcubberley.schoolloop.com



Cathleen Imbroane
Principal

Football: All-City Champions Div. II

By Nelson Melendez, Journalism Student

After a year of distance learning, middle school sports are back. Everyone is excited about football. This year the biggest change to Cubberley Football is our new head coach, Mrs. Garza. This is her first season coaching football, after many successful years of coaching Boys and Girls Track, and Boys Soccer. Everyone was excited for a new year after a difficult 2019 season. Midway through the season, the quarterback Troy Norried found his stride passing to our main wide receiver, Braden Mugavero. By the end of the season, Cubberley Football was undefeated at 5-0.

Cubberley had made it to the playoffs and eventually made it to the Division II Championship where we had to face Stephens Middle School. The Championship game was held at Jordan High School, and in a very close game between two very good teams, Cubberley found a way to win with some amazing play from its offensive leaders. Cubberley went undefeated for the season and won the All-City Championship.

Coach Garza received her first football title and is looking forward to next season.

Edison *Elementary*

625 Maine Ave., Long Beach, CA 90802 • 562/590-8481
edi-lbusd.ca.schoolloop.com



Juan Gutierrez
Principal

Edison's Garden

By Edison Student Council

Edison Elementary's Garden is a beautiful place to learn about plants, insects and how they help us. The Ground Education staff are amazing and give us the best experience about garden life. They've taught us lot's of cool stuff. For example, worms help the garden by making the soil nice and fresh.

We also have found seeds and inspected them and looked inside of them. We had toothpicks and put apples on them and made a structure. Apples are actually very sturdy! The garden staff let us plant our own stuff. We even planted wheat! We learned that if you leave things in the soil like bananas, they decompose into soil! We even have a washing station and we shake off our hands in the plants so we don't waste too much water. We have an apple tree that's about 10 years old! Our garden is a fantastic place to learn about garden science. It's a fun place to visit every week!

Dooley Global Studies Magnet School

5075 Long Beach Blvd., Long Beach, CA 90805 • 562/428-7274 • dooley-lbusd-ca.schoolloop.com



Tracy Hall
Principal

Musical Mathematicians

S.T.E.A.M. lessons are in full swing over here at Dooley Elementary School. Our first grade students have been incorporating mathematics and art in their music lessons with Mrs. Vinnard.

Scholars sang fun and engaging counting songs such as “The Numbers Rap” and “Roll Over” infusing important math operations such as addition and subtraction. The children enjoyed clapping, patting, dancing, and keeping a steady beat while performing with a proper tone and posture along to the audio musical recordings.

Learners also counted quarter notes and half notes integrating music rhythmic reading in company with note writing on their white boards. Additionally, students developed an awareness of the musical scale combining reading by numbers, solfege, and art. Wow!



Emerson Parkside Academy

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



Beverly Moutet
Principal

Emerson Students Care!

Students at Emerson Parkside Academy care! They care about their campus, their community, and their planet. Emerson’s Student Council just

completed their Winter Canned Food Drive, collecting over 800 cans to donate to the Long Beach Rescue Mission. They began the canned food drive over the holidays, but continued through mid-January, knowing that food pantries receive less donations when it’s no longer the holiday time.

Another way that Emerson’s students show that they care is with the Green Team. Just launched this January, the newly formed Green Team is composed of eight founding members in third through fifth grades. The Green Team



is helping to raise awareness of the 3 R’s: Reduce, Reuse, and Recycle, and is taking ownership of Emerson’s recycling program. We are proud of these students for their commitment to taking care of our environment.

Franklin *Classical Middle School*

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



Alma Black
Principal

Male Leadership Academy

The Male Leadership Academy (MLA) at Franklin focuses on empowering the personal, social, and academic lives of young men. Most recently, MLA scholars completed two activities that promote awareness and connectivity.

Their study of the role of famous African Americans in the American Revolution

connected to Black History Month. The young men engaged in practicing research skills to create a slide presentation that culminated in a presentation to their classmates.

In partnership with the Social Justice Learning Institute Urban Scholars program, MLA scholars participated in an activity titled “Among Us” which focused on building brotherhood between the students in class. The young men engaged in exercises that bolstered the bond between them and focused on increasing the trust among them.



The scholars of Franklin’s Male Leadership Academy, along with their teacher, Mr. Espinoza, look sharp every Tie Tuesday!

Fremont *Elementary*

4000 E. 4th St., Long Beach, CA 90814 • 562/439-6873
fre-lbusd.ca.schoolloop.com

GYOTAKU

Fremont Elementary students recently experienced the art form of gyotaku. Students learned how the gyotaku method of printmaking was used as a recording method for fisherman, and is still utilized today. The method uses fish, sea creatures, or similar subjects as its ‘printing plates’. Prints were made using sumi ink and washi paper. Students were able to experience this technique using cast molds of various fish

common to waters of our California Coast. Although the students did not experience the thrill of the catch, they enjoyed the opportunity to explore a different way cultures use art in their daily routines and rituals. Thank you to Fremont PTA for bringing Art Explorers and this learning experience to our scholars.



Christopher Lounsbury
Principal

Gant *Elementary*

1854 Britton Dr., Long Beach, CA 90815 • 562/430-3384
gant-lbusd-ca.schoolloop.com

Mini Garden

We are so excited to have our very own mini garden here at Gant. With the help of Mrs. Abuid, 3rd grade teacher, and Miss Moss, 2nd grade teacher, Gant students are responsible for watering, planting, and taking care of the garden. As of now, we have kale and tomatoes growing. We are looking forward to planting more vegetables across the school where students will be able to sample and try new things.



Cassandra Fanton
Principal



Garfield *Elementary*

2240 Baltic Ave., Long Beach, CA 90810 • 562/424-8167 • garfield-lbusd-ca.schoolloop.com



Monica Alas
Principal

Kindness Challenge

In January we launched our yearly student Kindness Challenge! TK-5th graders participated in lessons that demonstrate care and understanding of others by treating them with respect, generosity, and a forgiving spirit. During our spirit week, students created positive messages for friends and staff to show their appreciation. We had a rally to promote friendship and wore t-shirts with messages to encourage others to complete their pledge to be KIND. At our monthly virtual assembly, we recognized students of the month who have shown many ways that they follow Kindness character traits! We are so proud of our TIGERS and look forward to continuing to promote KINDNESS EVERY DAY at Garfield!



Tigers making kindness notes!

Grant *Elementary*

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



Veronica Madrigal
Principal

Grant Strong!

By Donna Robertson, Assistant Principal

Amid the COVID chaos, learning acceleration, and the social and emotional impact that the pandemic has caused our students and school, our Grant Eagles are refusing to let anyone or anything stand in their way of success, or hold them back from having a great year. Instead, they are choosing to focus on the positives and what they can do to take back their school, their environment, and their learning opportunities.

Tapping into their student voice and sense of belonging, our Grant scholars have now started a “Green Team” and student council group with the support of counselor Mrs. Lujan and fourth-grade teacher Mrs. Sackrison.

The students are showing their school pride by participating in effective efforts to support good attendance, school expectations, and classroom agreements. They are solution-oriented and have strongly embraced the mentality of the school community. They donate their time to help clean up the campus, and they also support our Spirit Awards and school store every month.

Our students are using their ideas, efforts, and abilities to inspire the rest of the school to make good choices, live the scholarly way, and keep Grant beautiful!

Holmes *Elementary*

5020 Barlin Ave., Lakewood, CA 90712 • 562/633-4427
hol-lbusd.ca.schoolloop.com



Lori Grady
Principal

The Great Kindness Challenge

*By Bridgette Myers,
Holmes School Psychologist*

The Great Kindness Challenge (GKC) initiative, presented by Kids for Peace, is a global campaign that promotes kindness in kindergarten through grade 12 schools. It is a positive, action-based bullying-prevention initiative that creates a school culture of kindness, compassion, unity and respect.

This challenge week gives every educator and student an opportunity to model and focus on kindness practices that engage the entire school community in the social-emotional learning (SEL) process. SEL is the process of developing self-awareness, self-control and interpersonal skills that are vital for school, work and life success.

Students and staff at Holmes Elementary observed the GKC with kindness-themed spirit-dress-up days, completing acts of kindness at school and home using the GKC checklists, receiving SEL-focused kindness lessons in their classrooms, and watching inspirational videos throughout the challenge week, [Great Kindness Challenge 2022](#). Under the guidance and supervision of school counselor Aqueelah Thabiti, teacher Tamia Jones, and me, Holmes' fourth- and fifth-grade student ambassadors and STEMologists daily conducted a Kindness Camp by visiting classrooms to read a story about kindness, complete a STEM activity with the students, or both.

What a week it was, full of an abundance of joy and kindness spread throughout the Holmes Campus!

Gompers (K-8)

5206 Briercrest Ave., Lakewood, CA 90713 • 562/925-2285
lbgomers.schoolloop.com



Linda Reynolds
Principal

Fostering a College & Career Culture

At Gompers the teachers, counselor and staff have lessons and discussions about college and careers.

College knowledge begins in elementary school and our school takes part in ensuring that all students are learning about their future options.

Effective college readiness begins in kindergarten and continues through high school. In elementary school we are laying the foundation for the work of counselors and teachers in Middle and High School.



At Gompers teachers have high expectations and encourage students to make a difference in the world regardless of the path they choose - and whether they choose to attend college or not.



Hamilton Middle School

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

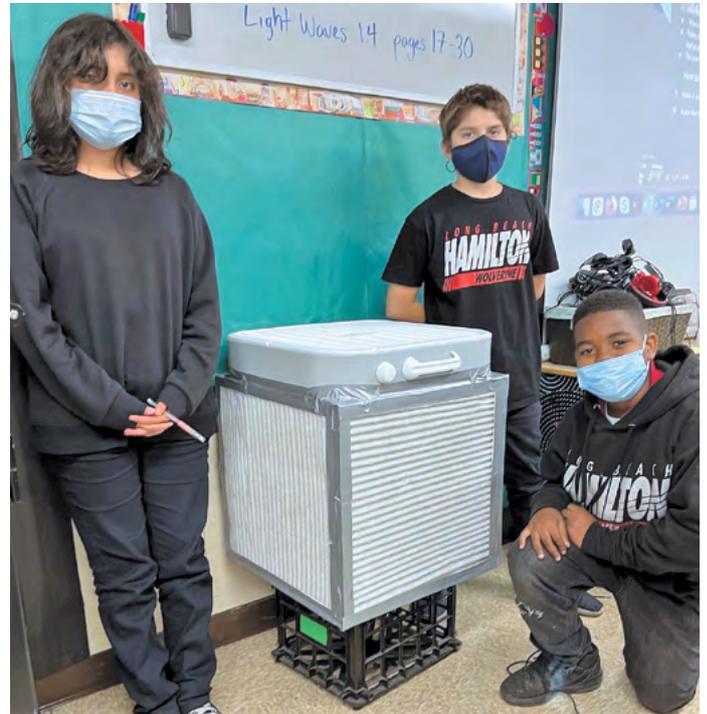


Jorge Montanez
Principal

Design-Engineering in a Pandemic

By Rebecca Ngo, Hamilton Assistant Principal

One of the silver linings of experiencing school during the pandemic is the spirit of innovation at Hamilton. With the expansion of our Robotics and Project Lead the Way (PLTW) electives, our Hamilton Wolverines have daily opportunities to tinker, design, build, and apply their engineering skills.



To improve the air quality in their classroom, students in our Robotics 6 PLTW class, used a common box fan and MERV 13 hepa filters to create an effective and powerful air purifier for their classroom. Inspired by DIY projects online, they applied their engineering skills to a real-world problem. They learned that mistakes, collaboration, and growth mindset are essential for learning and life. And with every design-engineering experience, our students continue to hone their gifts and discover how lessons at school extend to their daily lives and beyond.

Good for you!
You found Mr. Ruler
You'll need this page
number for the contest
on page 11.



Harte Elementary

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



Kimberly Carpenter
Principal

Making Math Fun

By Nicole Kelly, Assistant Principal

Harte's Math Tosa, Christina Carner, is not only supporting quality core math instruction and providing intervention, she also teaches our scholars how much fun math can be! During the week before we went on break, Ms. Carner and the student council sold hot chocolate before school. As you can imagine, the line was quite long as the weather was chilly that early in the morning. To keep the students engaged, Ms. Carner set up a table with differentiated math problems that the students could solve while waiting. The problems were relevant, rigorous, and full of holiday cheer. It was such a success, she continues to have math problems to solve at lunch! Our Bulldog scholars line up for an opportunity to participate. We are so grateful for Ms. Carner.



Henry (K-5) Dual Immersion School

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



Rose Vitetta
Principal

Student Council

Henry's Student Council officers were officially inducted by Mr. Don Knabe, 4th District Supervisor (retired) in December. Students were so proud & even a little teary-eyed when he had them solemnly swear to uphold their position. Each one promised...

- To always follow the school's code of conduct, and be respectful, responsible, safe, and prepared at all times.
- To be a good example to other students
- To inspire others to be their best
- To bring help to those in need, in my school and in my community
- To share my ideas and respect everyone's opinions
- To promote school spirit
- To be an upstanding citizen
- And to always be kind.

The class reps were able to witness an epic moment for their peers. Congratulations to our new Student Council Executive Cabinet! Thank you Counselor Gjonovich for leading our students in this new leadership chapter.



Herrera *Elementary*

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



Claire Fieri
Principal

Garden Lessons

Herrera students are very excited to begin their monthly garden lessons. Through a partnership, all students participate in outdoor garden lessons during the school day that support a broad range of CA Content Standards, including Language Arts, Science, Mathematics, History-Social Studies, and Visual Arts.

These lessons are designed to reinforce what students are learning in the classroom, providing important hands-on experiences in the context of the natural world. This month the third graders learned about seasonal fruit as well as imported produce from other parts of the world. Students had an opportunity to create a type of potpourri using oranges in season, pierced with cloves to take home and share with their family. It also provided a welcomed aroma in the classrooms.



Hoover *Middle School*

3501 E. Country Club Dr., Lakewood, CA 90712 • 562/421-1213 • lbhoover.schoolloop.com



Stephanie Cooper
Principal

WEB Leaders Take on Tough Topics

WEB (Where Everybody Belongs) leaders have been working with their 6th grade mentees (or webbies as they like to call them) to tackle topics that affect middle schoolers. WEB leaders meet with their webbies during 6th period on the second WEB Wednesday of every month. 6th grader, Stephen Hamilton, says, “They make more

students want to come to school.” Students brainstormed ideas to improve their studying skills, discussed the impacts rumors can have, examined the importance of treating people with respect, and learned about cooperation while building a tower using only noodles, string, tape, a marshmallow, and most importantly—each other. 6th grader, Josh Edwards, summed up his experiences with WEB when he said, “They make the 6th grade experience better.”



Hudson (K-8)

2335 Webster Ave., Long Beach, CA 90810 • 562/426-0470
lbhudson.schoolloop.com



Thomas Espinoza
Principal

Our Outdoor Garden

By Roberta Denis,
Ground Education, Instructor

We are back in the gardens after a disrupted COVID year. We have added native plants that frame the courtyard, and have explored with our kindergartners both seasonal fruits, through apple peeling, and the way that plants communicate changes.

We also planted a crop of lettuce with the fourth-graders, using mental math and fractions to make our planting grid. The first grade planted peas and fed the composter. We had a lot of fun making garden journals for future observational notes



and drawings with the third-graders. It even included a beautiful twig binding.

Soon, other grades will add more cool season crops including carrots, radishes, and herbs. You can learn more about the garden learning program at www.groundeducation.org.

Hughes Middle School

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



Edward Steinhauer
Principal

Planting Roots and Building Community Connections

Hughes Middle School is planting and growing a Restorative Justice community. Hughes dedicates time and learning to build a community that intentionally establishes habitual practices rooted in restorative beliefs, practices, and outcomes.

At Hughes, we are:

- Creating just and equitable learning environments
- Nurturing healthy relationships
- Repairing harm and transforming conflict
- Connecting respect, dignity, and mutual concern

Restorative Justice in schools means the commitment to creating equitable learning environments for ALL to include ALL languages, religions, socioeconomic statuses, sexualities, genders, and races.

Here are some examples of the Restorative Justice work happening at Hughes:

- Holding RJ Circles/Emotional Check-ins – This creates opportunities to repair harm, build relationships, mutual agreements, identify personal triggers and calming strategies, and communicate needs.
- Staff RJ Training through California Conference for Equality and Justice (CCEJ)
- “Taking Care” Campaign: Student and student developed video, school wide lessons and activities to create a positive and inclusive community.

Through our restorative practices, Hughes is creating a community of learners that respect, honor, and support each other.

Jefferson Leadership Academies

750 Euclid Ave., Long Beach, CA 90804 • 562/438-9904 • lbjefferson.schoolloop.com



Dr. Connie Magee
Principal

Developing English Proficiency

Jefferson Leadership Academies is fortunate to be able to provide amazing interventions and enrichment courses to support our students in getting back on track academically for high school readiness. This year we have incorporated additional courses to provide our students with extra support in reading, writing, math, and English Language Development.

Students have the opportunity to enroll in a zero or seventh period of College Career Readiness, Math Development, Reading Enrichment, or English

Language Development for newcomer ELL students. We also have our “Think Smart” tutoring program, on Monday through Thursday, which allows students to come in after school and get one-on-one support and homework help.

In addition, it is not easy to be a newcomer to the United States and acclimate yourself to a new school culture. We are committed to providing our ELL students with the necessary resources and support they need to help them grow and succeed linguistically. Newcomers are receiving a second block of literacy support as well as an additional language program to help them develop their English language and literacy skills.

Jordan High School

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



Kaisha Irving
Principal

The Prescription to our Youth Mentoring Program

Jordan's Aspirations in Medical Sciences (AIMS) Pathway has partnered with numerous business Healthcare providers in Long Beach. Each partnership is committed to providing a well rounded experience for students interested in the healthcare field. AIMS strives to develop the next generation of patient care professionals through rigorous

academics & hands-on training. At Jordan, students gain insight into health science & therapeutic services through the acquisition of knowledge, skills, work habits, and character traits from internships, scholarships, field trips, and networking with professionals. The prescription to a youth mentoring program is placing students at the center of the work. AIMS does this by connecting students with a skilled workforce that focuses on sharing a wide based culture of values & principles essential to improving the services and quality of life for our communities.



Kettering Classical Elementary

550 Silvera Ave., Long Beach, CA 90803 • 562/598-9486 • kettering-lbusd-ca.schoolloop.com



Rachel Peters
Principal

KIDS Sock it to 'Em

Kettering KIDS support our community through giving. In December, Kettering's student council was hard at work collecting items to be sent to local shelters. The items collected included food and hygiene products. Boxes and boxes were delivered just in time for the holidays. In January, our KIDS were back at it. This time by collecting socks to donate to Justin Rudd's "Sock it to 'em" campaign. Students and families have been dropping off socks by the dozen. Our student council is proud of their hard work and impressed by the giving spirit of all our Kettering families.

Go KIDS!



King Elementary

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



Osvaldo Ocampo
Principal

King's Classified Staff has Class

Starr King Elementary School is lucky to have such wonderful classified staff. We shudder to think what our day would be like without the assistance of these fabulous individuals. Whenever we walk past the cafeteria, we hear

the awesome staff at work preparing lunch for our students with loving hands. Whenever we walk into the office, we're greeted by a cheery good morning and warm smile. Whenever we walk across the playground, we noticed students being supervised with care and patience. Whenever we walk anywhere on campus, we notice shiny floors and clean classrooms. King's classified staff is the absolute best. We hope we never have to go a day without them.



Lakewood High School

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



Mona Mero
Principal

Student Success Initiative (SSI)

As part of the Student Success Initiative (SSI), Rising Leaders and Math Collaborative scholars at Lakewood High School are embracing happiness and academic prowess as they head into the second semester! Math Collaborative scholars are developing their growth mindset as they slam dunk and refine algebra skills playing MBA and shoot free throws in after school

tutoring. With a special mention of Caleb G. for placing in the NJROTC Brain Brawl Academic Competition and Ja'Layna T. for taking the Coaches Award in Volleyball! Our Rising Leaders are exploring happiness through the "6 Sustainable Happiness Skills" as part of the LG Life's Good project. Scholars are developing and exploring interpersonal skills in mindfulness, human connection, gratitude, positive outlook, purpose, and generosity. Scholars are looking forward to utilizing these skills as they move into mentorship with middle school scholars and peers. Stay tuned for more as our scholars rise academically and personally!

Long Beach School for Adults

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



Debbie Broadway
Administrator

CTE Gets Students Jobs!

Long Beach School for Adults is so proud of our Career Tech Ed students who have been working very hard during the school closures and the pandemic! While other students were doing Zoom from home during the school closures in 2020, LBUSD gave our CTE students approval to be back on campus and working in their essential labs.

Animal Care students were placed in internships at local businesses where more than half were offered jobs by the end of the semester. In our Custodial Service class, 90% of students who participated received a completion certificate and went on to apply with LBUSD. Custodial students received help and support with the application process from the Long Beach Personnel Commission. In the last year and a half, our Certified Nurses Assist program graduated over 250 students, and more than 80% of them were offered positions from the site where they completed their clinical work.

In difficult times, these students became the shining stars that helped support our community in a time of need.

Lincoln *Elementary*

1175 E. 11th St., Long Beach, CA 90813 • 562/599-5005 • lincoln-lbusd-ca.schoolloop.com



Caroline Nemece
Principal

Together Everyone Achieves More; TEAMWORK

The start of 2022 and the Omicron surge brought a number of challenges to our school and community. In spite of these challenges Lincoln faculty and staff have continued to work together to foster excellence and equity by offering extra layers of interventions and support for our students. Our dedicated Lincoln teachers

work with small groups of students after school to help meet grade-level requirements for English Language Arts and Math. This has enabled students to receive the extra support they need to be successful. In addition to after-school tutoring, Lincoln is fortunate to have “A Better Tomorrow Education Group” here on campus to offer small group tutoring focused on early phonics instruction and literacy. With teachers and specialists working together, the goal of increasing student achievement will be met.



Longfellow *Elementary*

3800 Olive Ave., Long Beach, CA 90807 • 562/595-0308 • longfellow-lbusd-ca.schoolloop.com



Edward Sigur IV
Principal

Keep Showing PRIDE

By Allison Rayburn, Assistant Principal

We are excited to be back in person actively strengthening the bonds of our Lion Pride! We have been working on building community and enhancing our relationships. Classes have been teaching self-awareness, PRIDE, growth mindsets, and friendships. We have started a friendship group to help

make and maintain friendships. Students have been sharing what qualities they look for in friends and what skills they need for teamwork. We are working together to accomplish tasks and learning how to play games together. Students shared that teams need to communicate, compromise, share, encourage, and successfully work together. We are proud of our Lions and the growth they are making. Keep shining and showing your PRIDE! (P-erseverance, R-esponsibility, I-ntegrity, D-ignity, and E-nthusiasm)

Lindbergh *STEM Academy*

1022 E. Market St., Long Beach, CA 90805 • 562/422-2845 • lblindbergh.schoolloop.com



Stacey Benuzzi
Principal

Male and Female Leadership Academies

To learn about leadership, students can take Male Leadership Academy (MLA) or Female Leadership Academy (FLA) as their elective class. Students also learn about college and career, social emotional growth, advocacy skills, and diplomacy.

Our MLA students work with the Social Justice Learning Institute to receive academic mentoring. At Lindbergh, students in MLA and FLA are leaders on campus and role models for peers.



Tie Tuesday in Male Leadership Academy

Lindsey Academy (6–8)

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



Renny Chu
Principal

Voices from the Field: Jeopardy Champion

By Julio Magdaleno, 7th grade

When I learned I was competing in the Jeopardy finals for grade 7, I felt nervous but I also felt great! On the day of the competition, I found myself in the finals competing against a 6th grader and an 8th grader. I was trying to be calm and told myself, “If I lose, I still got this far.” I focused on raising my score. When I got to the final round, the question was related to birds used in the Olympic ceremonies. The answer was obvious, but I worried that my competitors would know the answer too. Suddenly, I won the game! I was in disbelief! I will never forget that moment.



Los Cerritos *Elementary*

515 W. San Antonio Dr., Long Beach, CA 90807 • 562/595-6337 • loscerritos-lbusd-ca.schoolloop.com



Liseeth Ramos
Principal

Videotaped Chorus Performance

Los Cerritos fourth and fifth grade chorus members did a fantastic job on their videotaped choral performance on December 15!

They prepared several choral works such as songs in unison, partner songs, rounds, and ostinati. Student pianist Andrew Gerhart accompanied both fourth and fifth grade choirs under the direction of Mrs. Vinnard.

Students worked hard on their vocal skills since September learning proper seating and standing postures as well as fun and engaging vocal warm-ups such as “bumblebee” and “mommy made me mash my m n ms.”

Scholars enjoyed singing both traditional winter song repertoire such as “Jingle Bells” and “Rudolph the Red-Nosed Reindeer” to “Pinata Song” a Christmas song from Mexico and “Sakura” a folk song from Japan!



Lowell Bayside *Elementary*

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



Lester Lawson IV
Principal

Sea Star Park

Lowell students have been given a wonderful grass area which we appropriately named “Sea Star Park”. This wonderful area provides an outdoor space where students can read outdoors in nature and take in the fresh air. This beautiful area will be enjoyed for years to come by our Lowell Sea Stars.

“Sea Star Park”

**A place to read on grass from seed,
With trees to shade on my back I read,
Pages I’ve turned and turned and turned,
So many interesting things I’ve read and learned.
~Mr. Lawson**



MacArthur *Elementary*

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



Maria Yopez
Principal

Starting Saturday School!

With the help of 3 teachers and one admin, MacArthur Elementary School is offering Saturday School to k-5 students. Approximately 25 students are receiving enrichment through hands-on, creative, and fun lessons in the areas of Science, English Language Arts, and, SEL Integration. Saturday School began in December and students have experimented with a different science lesson each week tailored to their grade level. So far students have learned how to make slime and its chemical properties, they learned about snowflakes and built a snowflake model, and they created circuit boards and learned how air moves objects. Upcoming sessions will include the study of art and artists with science and language arts woven throughout the lessons.



Madison *Elementary*

2801 Bomberly St., Lakewood, CA 90712 • 562/420-7731 • madison-lbusd-ca.schoolloop.com



Ann Erskine
Principal

California's History

By Mrs. Vanosse, 4th grade teacher

Madison's 4th graders experienced the California Walkthrough presentation. This presentation is a hands-on immersive experience where students learn about California's history and geography. Students became experts on relevant vocabulary and acted out scenes from California's history.

They were explorers, Californios, Native Americans, and fiesta dancers. The students participated in building a gigantic map of CA and then placed all of California's important monuments and geographical areas on the map. The students were divided into teams and earned points for participation, energy, and answering questions. Each team had a cheer and "went for the gold" in search of bonus points. It was a very special and memorable experience.



Marshall Academy of the Arts

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



Marie Hatwan
Principal

History Comes to Life

By Kelly Wright, History Teacher

The Marshall History Department strives to make history come alive for students through engaging hands-on lessons, simulations and reenactments where students can apply the skills of thinking like a historian.

Mrs. Estrada and Mrs. Wright's classes joined forces to investigate the mysterious ancient remains found on the Marshall campus earlier this year. The young archaeologists mapped, illustrated, and cataloged artifacts from the dig site. Students studied, analyzed and researched similar artifacts to draw conclusions about the grave sites. Using keen observation and deductive reasoning, the teams concluded that they had discovered the remains of a hunter-gather community likely dating back to the ice age!



McBride Sr. High School

7025 Parkcrest St., Long Beach, CA 90808 • 562/425-3539 • mcbride-lbusd-ca.schoolloop.com



Gonzalo Moraga
Principal

Students Show Off Their Skills

By Erica Kelly, McBride SkillsUSA Coordinator

McBride High School has for the last six years offered SkillsUSA as a career technical student organization experience for all students in all pathways.

Our students have competed at the regional, state, and national level in events such as First Aid/CPR, Technical Design, and Crime Scene Investigation, which test their technical job skills. Other competitions such as Prepared Speech, Job Interview, and Chapter Display focus more on student leadership, or 'soft' skills.

Tia Breaux, current chapter president, explains how SkillsUSA helps one become a more well-rounded individual. "I have

been able to advance my social skills, collaborative skills, and public speaking skills." SkillsUSA chapter members are also planning and coordinating this year's Career Day on March 4th.



McKinley *Elementary*

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



Charo Darwin Glomah
Principal

Cultivating Genius

Our McKinley Elementary third graders have been engaging in culturally responsive learning in their music lessons with Mrs. Vinnard. Scholars sang African-American freedom songs and spirituals from their music books including songs of the Underground Railroad and Civil Rights Movement such as “Follow the Drinkin’ Gourd” and “Keep Your Eyes on the Prize.”

Pupils learned, read, and wrote about inspiring black leaders like Harriet Tubman and Dr. Martin Luther King Jr. while also gaining skills and intellect in music history and music terminology.

Most of all, students engaged in powerful discussions in equity, diversity, teamwork, justice, and cultural respect. Students developed criticality in gaining an awareness of how kindness and inclusion can build a better world for all.



Millikan *High School*

2800 Snowden Ave., Long Beach, CA 90815 • 562/425-7441 • lbmillikan.schoolloop.com



Alejandro Vega
Principal

Millikan’s QUEST Senior Projects

By Liana Ngaw and Kezziah Hernandez, Co-Editor-in-Chiefs

Millikan’s QUEST Senior Project (QSP), now led by Dr. Wendolyn Nolasco and Ms. Brenda Tubbs, hosts a primary focus on a dedication to the community.

Projects like Aya Sherian’s, Muslim mini-musical and Brandon Fox’s board game for people with visual impairments are some stand outs, according to their teachers..

Sherian says, “I personally saw [Muslim representation] lacking in the performing arts industry especially as a Muslim performer, so I wanted to advocate for that.”

Brandon Fox explains that he “had a lot of vision problems growing up, so I wanted to create something to give back to the community that I was a part of.”



Aya Sherian



Brandon Fox

Come experience all the QSP innovations during their Showcase at Millikan High School the week of May 23rd.

Muir Academy

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



Sophia Griffieth
Principal

Drama is Back in Action

By Michelle Fennell, Teacher

Muir Middle School Drama Program ended the first semester with a play about Greek mythology. Students practiced skills such as improv, voice projection, and gestures. The students worked on memorization techniques and used monologues to prepare for their roles. Then, they designed and painted the sets and props and created their own costumes.

This year, Covid presented new challenges and more work was done with understudies than ever before. After weeks of practice, the audience enjoyed stories about Narcissus and Echo, Cupid and Psyche, Daedalus and Icarus, and Orpheus. In the end, everyone participated and parents and students enjoyed the first performance since 2020!



Naples Bayside Academy

5537 The Toledo, Long Beach, CA 90803 • 562/433-0489 • naples-lbusd-ca.schoolloop.com



Paula Spenker
Principal

Reducing Waste

We began implementing a waste reduction program this month led by our 5th Grade Leadership Team. Because we are not currently doing assemblies, our student leaders are visiting classrooms and presenting the “How Tos” when it comes to recycling, reusing, and refusing classroom and lunchroom waste. Our students began with the share table, where packaged foods

and whole fruits are saved and donated to Food Finders. We already have two water bottle filling stations for our reusable water bottles and lunches from home are typically packaged in a waste free lunchbox. We are excited to see how much waste we can reduce all while educating our students about our conservation efforts. Knowing these Naples Dolphins, they’re going to take this idea and run with it!



Nelson Academy (6–8)

1951 Cherry Ave., Signal Hill, CA 90755 • 562/591-6041
na-lbusd-ca.schoolloop.com



Kathleen Reed
Principal

SEL and Wellness

By Elizabeth Buenrostro, SEL Specialist

Social/emotional learning (SEL) is just one way in which Nelson students connect their growth mindsets to academic learning. Students have opportunities to meet one-on-one, in small groups and in whole-class elective periods with me. Using restorative practices, students learn about self-awareness, self-management, social awareness,

responsible decision making and relationship skills, which comprise CASEL's five competencies of SEL, through community-building activities and restorative circles.

Based on research, best practices and training, I connect with students to offer support during these challenging times. The Wellness Center at Nelson in room 1222A provides students with a safe space to engage in conversations about their SEL needs as well as support for their academic classes. All students are welcome to visit the Wellness Center during passing periods or by appointment. By providing students with supplies like stress balls, "pop-its," beanies, gloves, school supplies and a variety of personal-hygiene items, students can focus on their work because their needs are met, creating a successful learning experience for all.

Polytechnic High School

1600 Atlantic Ave., Long Beach, CA 90813 • 562/591-0581
lbpoly.schoolloop.com



William Salas
Principal

Green Schools Campaign

By Tobey Groome, 12th Grade Student

The Poly Green Schools campaign is encouraging LBUSD to transition to 100% renewable energy by 2030. As of now, Poly is running at between 15% and 20% renewable energy, which is average according to club president Diana Michaelson, a PACE junior.

Although that may sound like a lofty goal, the club has made progress since their founding in August 2020, including a commitment from LBUSD facilities director Alan Reising to work with the club provided they acknowledge that funds must be available for the switch to work.

Regarding funds, Ms. Michaelson said that buying 100% clean energy from the electric company "would be a 9% increase" but they would prefer a "mixture of solar-panel tech or potentially buy a clean power mix from SoCal Edison, and overall there should be a cost decrease over the years."

Teacher and club adviser Patrick Gillogly added, "We've seen in San Diego, in Salt Lake City, with a number of other cities which have already begun this commitment in other parts of the country that it is possible and there are positive and profitable solutions."

Newcomb Academy (K–8)

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



Christopher J. Thompson
Principal

The Cheese Club

By Emily Ly, Journalism student

The "Lactose Tolerant" exotic cheese club started out as a funny joke in health class. Naielle, the founder of the club, took the joke a step further and suggested making it into a club. A teacher sponsor apparently liked the idea because it soon became a lunchtime club with 22 members.

Student volunteers donate cheese and club members get to try exotic cheeses that come from around the world every week! As a member myself, I've found this club really fun and unique. It's not every day you get to try cheeses that come all the way from France! So far, there have been 9 tastings of cheese. Presently, the most popular have been a French Cream cheese and White Cheddar Cheese Curds (imported from a

private farm in Sacramento). Lactose Tolerant has humble beginnings, and will soon become legendary. The club has given students a chance to connect with one another and build community at Newcomb K-8 Academy.



Oropeza *Elementary*

700 Locust Ave., Long Beach, CA 90813 • 562/436-4420 • int-lbusd.ca.schoolloop.com



Richard Littlejohn
Principal

Together Everybody Achieves More!

TEAM is essential for a positive, supportive and optimal environment for teaching and learning. With COVID-19 quarantines, student and staff attendance decreased dramatically after winter break. The Oropeza TEAM combined our efforts during the toughest of times to keep students safe and ready to learn.

Our recreation aide team supported the school in ways never seen before. Our teachers were amazing! One example? The teaching team was flexible and helped each other by supporting classrooms with or without substitute teachers. Instructional aides worked additional time to support classrooms when another instructional aide was absent.

Our office staff and nursing team have been unbelievable with their efforts during these very challenging times. Our custodial and cafeteria teams continued their important work and functions even with absent staff. Our literacy teachers have been simply amazing in supporting classrooms and the school. Our special education team supported one another with IEPs and much more.

These are just some examples! The Oropeza TEAM pulled together to help our students achieve more. Our students have appreciated the efforts of our great staff. Students have displayed strength, perseverance and a TEAM effort, too! Our students saw excellent models in the professionals on campus, and students emulated that professionalism.

Students and staff form a great TEAM! Go Otters!

Powell *Academy (K-8)*

150 Victoria St., Long Beach, CA 90805 • 310/631-8794
lbpowell.schoolloop.com



Tynisha Smith
Principal

Blessing Bags

“Life’s most persistent and urgent question is, what are you doing for others?” Martin Luther King Jr. This quote perfectly sums up the purpose for Powell’s community outreach in the month of December. Student Council & Male Leadership Academy partnered to facilitate donation efforts to create Blessing Bags and collect soap & socks for the unhoused in our community. The entire

campus got involved, with students and families donating various items to create bags that contain items to fulfill basic needs, as well as soap and socks. The response was overwhelming and we exceeded our expectations and were able to donate 114 blessing bags and over a hundred pairs of socks and soap products to local shelters. One of our goals this year is to continue to do for others by facilitating service projects that support and provide for our community.

Reid *High School*

3701 E. Willow St., B-1., Long Beach, CA 90815 • 562/426-6846x6680
reid-lbusd-ca.schoolloop.com



Troy Bennett
Principal

Reid Raptor News

The 2021-2022 school year is well underway as we have completed five grading periods during the Fall Semester. During that time several students have completed requirements for graduation, and others have earned enough credits to return to their home school. The Reid staff has been working closely with our community partners Better Learning for All Students (BLAST) and LBCC to provide students with post secondary options. Academic and social emotional support is being provided to students by staff in the form of tutoring and mentoring. In addition our students and staff also participated in community services by donating blood during our American Red Cross blood drive and by partnering with the Long Beach Rescue Mission for the holiday canned food drive.



The Fall Semester has come to an end and we are optimistic about the possibilities and outcomes with respect to student success and preparation for post secondary options during the Spring Semester. Go Raptors!!!

Good for you!
You found Mr. Ruler
You'll need this page
number for the contest
on page 11.



Prisk *Elementary*

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



Beth Cohen
Principal

Music and Social Emotional Learning

Prisk second grade scholars have been putting their social emotional learning skills into practice! During a recent music lesson with teacher Mrs. Vinnard, students have

learned to express, manage, and regulate various emotions such as happiness, sadness, anger, silliness, fear, surprise, and bravery through music.

Utilizing their content knowledge of the discipline; pupils assigned elements of music such as tempo, dynamics, and melody to feelings—such as fast/happy, slow/sad, and loud/angry.

In moving, responding to music, singing, dancing, acting, and drawing, students developed strategies for



better self-management, self-awareness, social awareness, relationship building, and responsible decision making skills in not only combating negative feelings, but holding on to positive feelings and developing empathy for others.

Renaissance *High School for the Arts*

235 E. 8th St., Long Beach, CA 90813 • 562/901-0168 • lbrhsa.schoolloop.com



Michael Navia
Principal

Advanced Drama Recital

On Thursday, January 13th at 7PM Renaissance High School for the Arts hosted their first Drama Recital since the lockdown of 2020. 11th and

12th grade students presented pieces like “Waiting for Godot” with senior Thinkh Nguyen and “Mid Summer’s Night Dream ‘Mechanicals,’” featuring Mary Soria. After the show, we spoke to Nguyen, who said, “It was very emotional, realizing that it was the start of our ‘lasts.’ It was a good show though, and I’m very proud of the juniors that will continue our legacy once this class moves forward.”



Rogers *Middle School*

365 Monrovia Ave., Long Beach, CA 90803 • 562/434-7411
lbrogers.schoolloop.com



Jeff Wood
Principal

Go Mustangs!

By I.M., Student

Rogers Middle school has had a successful girls' basketball team for a very long time. This year, a few of our players were interviewed and shared the following thoughts: "basketball is all about doing your best" and "Being supportive of my teammates and having a good time are what is most important to me while playing."

This is how everyone should think when doing something challenging. We are proud of the team's development and are very excited for the upcoming games. The team focuses on working hard and having fun. With their strong work ethic and passion to play, this year's team is just amazing!

"If you try your best, it doesn't matter if you succeed or not as long as you know you are doing your best." These words, shared by a member of our team, set a great example for all of Rogers. We are lucky to have such a positive team to represent us, and always remember—Go Mustangs!

Signal Hill *Elementary*

2285 Walnut Ave., Signal Hill, CA 90755 • 562/426-8170
signalhill-lbusd-ca.schoolloop.com



Scott Tardibuono
Principal

Zones of Regulation

What zone are you in? That's a question that is heard frequently at Signal Hill. Staff members ask this question to students; students pose the question to each other; and students even make this inquiry of teachers and staff. Dialogue around Zones of Regulation has become an integral part of incorporating social emotional learning in daily teaching and learning for all

Dino scholars. The Zones have been established and are designed to foster self-regulation and emotional control. When students are feeling good, calm, content and ready to learn they know that they are in the green zone. The blue zone indicates, among other emotions, that students could be tired, sad, sick or bored. The yellow zone identifies students who may be feeling anxious, excited, frustrated or a bit silly. And when students are feeling mad, terrified, aggressive or mean, they identify themselves as being in the red zone. Teachers work with students to help them identify the zone with which they currently associate and also help students develop tools for regulating their emotions regardless of their current zone.

Roosevelt *Elementary*

1574 Linden Ave., Long Beach, CA 90813 • 562/599-3418 • roosevelt-lbusd-ca.schoolloop.com



Alissa Gamboa
Principal

When You Plant a School Garden, Everyone Grows

Roosevelt students have young minds, hearts and hands working together in a brand new school garden! Students engage in monthly outdoor learning and nature playtime to build community, promote creativity, improve self-esteem, learn problem-solving and a develop sense of safety and belonging for young scholars. At Roosevelt, the new garden space is a resource to help students interact and get hands-on after the isolating effects of the pandemic. Already our scholars have grown and pickled 157 jars of vegetables, practiced systems thinking by exploring decomposition, enjoyed salad parties with homemade dressing, explored food chains, and learned about changes in farming and food production over time. We are just getting started on this long-term collaboration, and we already see inspiring results, because when you plant a school garden, everyone grows!



Sato Academy of Mathematics & Science

1100 Iroquois Ave., Long Beach, CA 90815 • 562/598-7611
sato-lbusd-ca.schoolloop.com



Veronica Coleman
Principal

Makers Making Change

Hands-on, rigorous learning happens every day at Sato!

Recently, Sato students participated in Makers Making Change by helping to set a Guinness Book world record for the most people to take an online assistive technology lesson in 24 hours. They created assistive technology devices to help people with disabilities.



The project pairs perfectly with Sato's hands-on biomedical engineering program where students in grade 9 learn CAD and how to use 3D printers. Similar work is done in collaborative projects at each grade level's integrated project, culminating in the capstone project during senior year. Sato's Student Outcomes teach students to be Problem Solvers, Creative Innovators, Collaborative Communicators, and Accomplished Industry Professionals.

Stevenson Elementary

515 Lime Ave., Long Beach, CA 90802 • 562/437-0407
stevenson-lbusd-ca.schoolloop.com



Nancy Dalton
Principal

We are i-Ready Ready at Stevenson

The new i-Ready diagnostic test was taken seriously in the Fall by our Stevenson STARS with over 98% of our students completing the fall test and fewer than five rush flags. Students were excited as every student who came for all four sessions were able to enter into a raffle to Slime the Principal in front of the entire school! Now we are excited to welcome the Winter i-Ready where our

goal is for 100% attendance and zero rush flags. Students who participate in all four sessions on the dates given will receive a raffle ticket for another slime session! Why not make it a fun process while also ensuring we get good data.

Smith Elementary

565 E. Hill St., Long Beach, CA 90806 • 562/595-9466
burnett-lbusd-ca.schoolloop.com



Hugo Figueroa
Principal

Encouraging Reading at Home

As educators, we know that students become readers that are more fluent by increasing the amount they read at school and at home. This year Smith's Literacy Team has worked to ensure that our students have access to books at home. The Literacy Team organized books and coordinated book distribution days for families to come to Smith with their students and choose books to take home and read together. These distribution days have supported our families and kept students reading throughout the pandemic.



Book Distribution

Thank you to our dedicated literacy team and also our classroom teachers, who encourage and reward students for reading at home. We also want to thank our parents for collecting books for their children and helping create a love for reading.

Stanford *Middle School*

5871 Los Arcos St., Long Beach, CA 90815 • 562/594-9793 • lbstanford.schoolloop.com



Rebecca Suzanne Caverly
Principal

Leadership Academies

Stanford's Female and Male Leadership Academies provide students with opportunities to develop leadership skills, explore potential careers, and develop a sense of belonging both at Stanford and within the greater Long Beach community.

In MLA, students have interviewed professionals from a variety of careers that include a police officer and a firefighter captain. Students had the amazing opportunity to interview Joe Davis, broadcaster for the Dodgers. These professionals have provided a breadth of knowledge and experience to our leaders and have

been awesome role models. We are looking forward to the opportunity to meet with an attorney and professional athletes in the future!

FLA's focus has been to foster connections. Students lead a weekly community-building circle to play games and address issues on campus. In addition, students have brainstormed ways to improve Stanford by beautifying the girls' locker room, creating a mural, and spreading kindness-with-gratitude cards. Finally, students have interviewed a local psychologist and a small-business owner to learn about these careers, mental health and being an entrepreneur.

We look forward to another semester of discovery and growth!

Tincher *Preparatory School (K-8)*

1701 Petaluma Ave., Long Beach, CA 90815 • 562/493-2636 • lbtincher.schoolloop.com



Donna Ryono
Principal

The Little Robot That Could

One of the best kept secrets at Tincher Preparatory School is our middle school robotics program. Under the guidance of veteran teacher Deborah Drab, this elective class based on VEX Robotics, has produced award winning teams for the last several years. In addition to learning programming, coding, and engineering design process,

students are selected based on their commitment and willingness to apply the 21st century skills of critical thinking, communications, creativity, problem solving, and collaboration. Students in this program have gone on to continue their secondary education at CAMS, SATO, and the engineering program at McBride. Our robotics team has won several 1st place distinctions including an unprecedented "three-peat" at Long Beach Unified's district-wide RoboBowl



Students in the Robotics elective collaborate on creating their robot design.

Twain *Elementary*

5021 E. Centralia St., Long Beach, CA 90808 • 562/421-8421 • twain-lbusd-ca.schoolloop.com



Dr. Patrick Booker
Principal

Early Spring Cleaning

By Jennifer Larsen, Kindergarten Teacher

On a cool gray Saturday morning, several Twain teachers headed a community cleanup at the garden with help from a small group of parents and students.

Classmates, Emma Yanonis and Julianne Archer, wielded rakes and shovels. Reaching into the garden beds with their gloved hands, the two pulled out handfuls of overgrown arugula and celery. Their excited chatter about how much they could pull out was only paused by the scamper of a brown mouse out of one bed and across the lawn. Muddied and dirty after an early and wet morning, parents and teachers left with a sense of great accomplishment and a renewed vision of what this garden will look like come Spring.



Washington *Middle School*

1450 Cedar Ave., Long Beach, CA 90813 • 562/591-2434 • lbwashington.schoolloop.com



Roshann Williams
Principal

A Night with the Stars and Planets!

By Ryan Moritz, Teacher

This school year, the Washington Middle School (WMS) science department has been able to provide students with the opportunity to see the planets and stars in our night skies.

Last year WMS acquired the forgotten Camp Hi Hill telescope and has been eagerly awaiting to use it. That time came this winter. Along with the use of several personal telescopes, our students, parents, brothers, and sisters were able to come to our football field and look up!

Some of the sights we saw included Venus, Jupiter, Saturn, the Pleiades Star cluster and, of course, the Moon. In addition, thanks to the Small Sparks Grant offered by Habitat for Humanity, our science department will be raffling off a telescope for a student to take home with them at the next Star Party!

WMS is very excited to be able to offer its students the unique opportunity to see the stars and planets like they have never seen them before. For a quick video of the Star Party, head to YouTube and search for WMS WolfTube.



Webster Elementary

1755 W. 32nd Way, Long Beach, CA 90810 • 562/595-6568 • webster-lbusd-ca.schoolloop.com



Sarah Forrester
Principal

Exploring Musical Genres

Webster fourth grade scholars have been exploring various musical genres in their lessons with music teacher Mrs. Vinnard. Students participate in listening to music, singing, conducting, keeping the steady beat, and dancing to rock n' roll, world, classical, spirituals, blues, and rap music. These learners are

exposed to a world of possibilities as they categorize and classify musical instruments and musical time periods within and outside of each genre. Utilizing their music text books, these dual immersion pupils even sang "hello" in several different languages as well as performed a couple songs in Spanish.

Through this unit, students develop an appreciation for music as well as acquire social emotional learning tools that can aid them with their inner well being.



Wilson Classical High School

4400 E. 10th St., Long Beach, CA 90804 • 562/433-0481 • lbwilson.schoolloop.com



Kimberly Holland
Principal

Linked Learning Pathway Student Ambassadors

Wilson Pathway Ambassadors is a diverse group of pathway student leaders chosen to represent student voice for their pathway. These students act as liaisons between school staff, student body, and potential Wilson students. In addition, Pathway Ambassadors share student voice with both the district and greater community. While playing an integral

role in high school choice recruitment events, our ambassadors are working hard to create connections between pathways and industry partners to offer an exciting educational experience tied to the pathway industry theme. Building community amongst all pathways is another focus for this group of leaders. Ambassadors are excited to launch the first annual Pathway Spirit week, to kick off the spring semester!



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Parent To Parent



Jodie Lynn

Due to the COVID-19 pandemic, often our kids were on their devices upwards of eight hours per day. What can parents do to keep them safe online and on their cell phones? It seems like more than ever, kids are getting spam emails, calls and texts from unknown sources. This is not acceptable, quite scary and exhausting to try to constantly monitor.

COVID-19 has isolated the majority of us and leaves us with levels of uncertainty, unusual scariness and frequent loneliness. Individuals are in a vulnerable place, especially our kids. This is the perfect time for sexual predators to approach them as it can come in many forms.

Give your kids a set of online safety rules that they will understand with explanations that they will believe and take to heart.

It's important for you to know which online games that your kids are playing. Many are multiplayer games where several online players can be together playing at once or just watching. These games have text and voice chat capabilities from around the world. This is highly dangerous because people can pretend to be someone else and of a certain age and can expose kids to unsuitable and unacceptable predatory language and content. These individuals can develop friendships with kids and eventually encourage them to meet in real life. It's important to recognize that each game has specific settings which you should check out and change for better online safety.

Remember not only to talk with your kids frequently about staying safe online, but also explain that anyone at any age can be cyberbullied. If a person or group want them to chime in about someone, tell them to ignore the request and don't return to that area and group. Explain why it's so important to think about what they are going to post at any given time or in any area before doing so, to keep their passwords safe, to always log off and not to click on links from people that they don't know. The right thing to do is to report the cyberbullying to an authoritative figure as well. They may just save a life.

You could also take their electronic devices away for a few hours each day, but for those hours that they're on them, rules and guidelines still need to be in place. Even if your kids seem to have level heads on their shoulders and you feel like you can trust them, they can still be sneaky.

It's easy to hide all kinds of online activities from parents with various apps:

Snapchat is a program where people can send images, videos, etc. to friends which will disappear within 10 to 30 seconds. It's pretty popular among teens. The hidden danger is that those "private" moments are not really deleted. They're hidden in files on most phones. Even more devastating and scary is that if someone takes a screen shot, the message, image or whatever can be posted anywhere.

Finsta is a fake Instagram account where anyone can create photos, conversations, etc., staying anonymous and keeping everything private through sharing with a few close friends and can be hidden on devices. But again, just like anything else, if a screen shot is taken, boom, it can show up anywhere online.

Be sure to read about popular apps and arm yourself with knowledge for options that you as the parent can do to help your kids be safe. Below you'll find a few but there's many others that you can find by doing an online search: Instagram, YouTube, Kik, Telegram, TikTok

There's also several phone apps offered to parents to help them monitor their kids' phone and online activities.

For unwanted calls or texts, it's simple to register landlines and cell phone numbers with the office of your state Attorney General's No-Call list for unwanted calls or texts. It's available online, free and will cut down on both. While it does take a few weeks to actually go into effect, it's best to get that done straight away. Do a little research and you'll also find several other government agencies where complaints can be made. Unfortunately, it's not going to totally eliminate them and that is even truer for robot calls. Learning some basic rules to share with your kids can also help.

For example: Don't answer any calls that are not in your contact list. If it's truly someone trying to reach you, they'll leave a message. If they don't, the number can quickly be blocked. The same goes for unwanted texts. The exception in this situation is going to be from "Unknown" or "Private" numbers, which are really hard to trace because no number shows up. However, there are phone apps to help with this. As far as spam email goes, if it's opened, don't click on any links. Look up how to set up filters and teach your kids how to recognize, delete and block it.

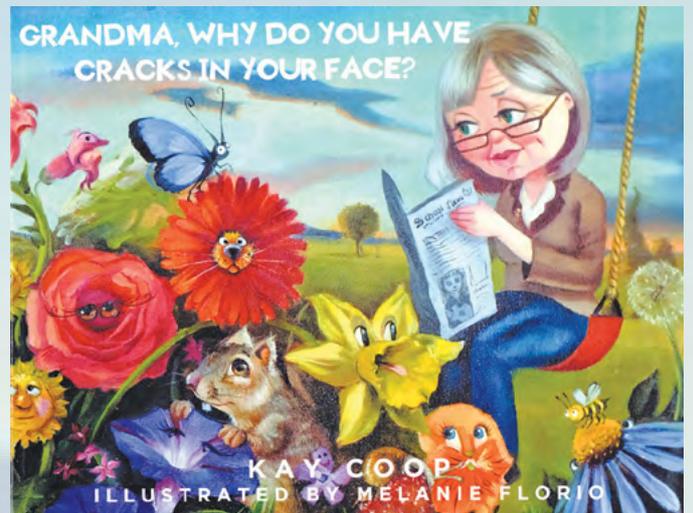
As you are well aware, this whole cyber safety situation is extremely exhausting. But, there's no way of getting around it if you're going to be proactive in protecting your children.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. Her column Parent to Parent™ (www.ParentToParent.com) has been successful for more than 20 years. She is a regular contributor to several sites including *School News Roll Call* and has written four books and contributed to three others, one of which was featured on the Oprah Winfrey Show. *Mom CEO (Chief Everything Officer)*, *Having Doing*, and *Surviving it All!* and *Syndication Secret—What No One Will Tell You!* www.ParentToParent.com



Grandma, Why Do You Have Cracks In Your Face?

By Kay Coop
Illustrated by Melanie Florio



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