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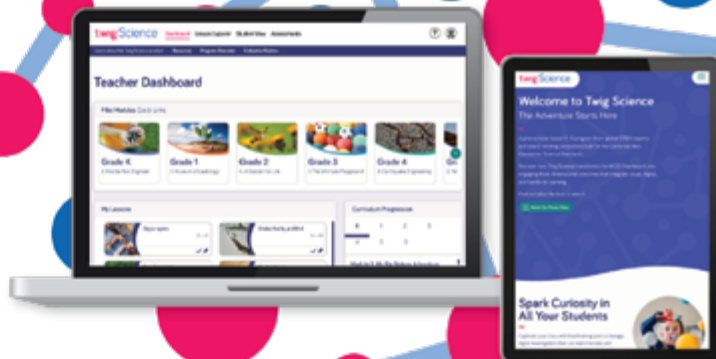


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Kay Coop
Founder/Publisher



Netragrednik

Welcome back to another new school year. By now the students are settled into their routines.

In this issue, you will read messages from our guest columnists beginning with the Mayor's of Long Beach and Signal Hill. City Auditor, Laura Doud, reminds us why setting an alarm is helpful for a restful sleep. Superintendent Steinhauser's message is on page 12, "The New

School Year Holds Great Promise."

You will also read articles about Leadership Abilities, the gardens at Rancho Los Alamitos, Plant Based Protein vs Animal Protein, and much more. Thank you for your emails asking for specific topics and we will accommodate as many requests as we can in each issue.

Our next issue is February 12, 2020.



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City of Long Beach Office of the Mayor



Dr. Robert Garcia
Mayor

Balanced Budget

“On September 3rd, the City Council adopted our \$2.8 billion 2020 budget. Like every budget I’ve signed as Mayor, it is balanced and responsible. It will continue the improvements happening around Long Beach, with key investments in public safety, infrastructure repair and other critical services.

We are also working to repair our aging streets and infrastructure. The 2020 Infrastructure Improvement Program totals more than \$110 million including almost \$20 million from Measure A funds.

This budget also means Long Beach remains a leader in our coordinated approach to addressing homelessness, continuing existing services and strengthening the City’s commitment to ending homelessness with more than \$30 million to combat our housing crisis. That includes funds to support rapid response, cleanup, outreach efforts, construction of a 125-bed permanent bridge housing campus in North Long Beach, and preservation or construction of 650 new affordable housing units. It also includes support for continued work on policies like inclusionary housing, safe parking, and our jobs program for people experiencing homelessness.

There’s much more in this budget, including support for economic development and small businesses, planting trees, and improving historic districts.

My thanks to the Council for working long and hard to adopt a balanced budget that supports crucial city services. I especially want to thank the members of the Budget Oversight Committee, Chair Stacy Mungo, Vice Chair Suzie Price and Al Austin.

Our city’s budget represents the values of our community, and this budget shows Long Beach values public safety, progress, compassion, and fiscal responsibility. 2020 is going to be a great year for our city.”

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City of Signal Hill Office of the Mayor



Lori Y. Woods
Mayor

New Public Library

The City of Signal Hill is proud to start the new school year with a brand-new Public Library. This amazing facility is thanks to the vision and tenacity of our residents and our community, as well as the perseverance and hard work of elected officials and City staff to make this long-awaited dream a reality.

Public libraries are a key component of a thriving community. More than just books and banks of computers; the Signal Hill Public Library is a place where individuals of all ages can gather to explore, learn, interact, and imagine.

The large Children’s Area seeks to engage Signal Hill’s youngest, with Daisy the Dinosaur and a mural celebrating Signal Hill’s history. For older students, we aim to bridge the technology gap with new research computers and several technology resources that will help students with academic endeavors. The Teen Village area offers local tweens and teens their own space, plus private study rooms for group projects. The Pipeline to Knowledge Learning Lab features a 3D printer and plenty of space for hands-on group learning. There is also a History Room where students can learn all about Signal Hill’s rich past.



Librarian Charles Hughes leads a recent Story Time at the Signal Hill Public Library.

In addition to being a state-of-the-art facility, the Signal Hill Public Library offers a variety of programs and resources to support our local students, facilitating opportunities for new experiences and enrichment. As the future unfolds, all the years of hard work that went into building this Library will pale in comparison to the benefit, opportunity, and connection our community will enjoy. As the new school year begins, we hope you are able to take advantage of this great resource. Stay informed about everything the Library has to offer! Stop by, visit our website at cityofsignalhill.org, sign up for our monthly e-newsletter, and follow us on Facebook @ SignalHillPublicLibrary.

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

City of Long Beach, City Auditor



Laura L. Doud
City Auditor

Set an Alarm to Go to Bed

One of my 2019 resolutions, which is working pretty well for me this year, is getting seven hours of sleep each night. As City Auditor for the City of Long Beach, I am immersed in vast amounts of complex information daily. I have found that when I have received the proper amount of sleep and am rested, my mind is clam, clear and focused. I am then able to make good, logical decisions. I have also found that my best inspiration and ideas happen early in the morning after a good night's sleep.

Our schedules, parents and students alike, are jampacked with work, school and activities; not to mention that we're all carrying electronic devices with email notifications, streaming channels and social media feeds that never shut off. As a result of all this, sleep is often placed on the backburner. An important thing to keep in mind is that there is no substitute for sleep, and there is no magic pill we can take to compensate for the sleep we've lost. So, how can we make sleep a priority?

Why not set an alarm to go to bed? As we're in the beginning of a new school year, what better time than now

to practice a new habit. Setting an alarm to go to bed is a good reminder to wind down from an often-busy day, get to sleep and then wake up feeling refreshed and rejuvenated. Studies have shown that sleep helps our brains function better. While we're sleeping, our brains are forming new pathways to help us learn and remember information which prepares us for the next day. Ultimately, the right quantity and quality of sleep restores and enhances our memory and learning ability.

As you all know, this is not always easy. I will be the first to attest that as the night draws on it becomes more and more difficult to put to-dos, thoughts and even TV aside. However, if you fight sleep you just become more tired. There comes a point of diminishing returns when it is best to go to bed and not fight it. People often waste time thinking about going to bed instead of just doing it. It takes planning, and I still have not mastered this entirely; however, it is doable and worth it.

I encourage us to set an alarm for bed. Here's to all of us sleeping well, feeling more rested and ready to conquer the day!

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Remember, safety begins with you.



Douglas P. Haubert
City Prosecutor

School Comes First

Men and women join the Long Beach Fire Department because they are passionate about saving lives. It turns out lives can be saved without running into a burning building, especially if you are talking about saving the lives of youth who might be struggling.

This year eleven Long Beach fire fighters answered the call to mentor LBUSD students by volunteering for Rockett Academy. That gave thirteen students a chance to learn directly from their heroes. This year's LBFD volunteers included Dan Aguilar, Andrew Behrens, Richard Crawford, Christopher Duffy, Manny Gomez, Phil Gonsal, Teron Mays, William Montgomery, Jorge Ortiz, Taban Settles, and Ryan Sweeney.

Much of the program took place at neighborhood fire stations, where kids completed their homework before they



Firefighter Andrew Behrens, Firefighter Lamont Nguyen, Kristian Surita, Gabriel Tyler, Michael Young, Alejandro Flores, Fire Engineer Cory Girard, Jose Ramirez, Jasiah Cenicerros, Isaac Garcia, Benjamin Rodriguez, Jermari Williams, Alex Chavez Almanza, and Fire Captain Paul Meisel

got to spend one-on-one time with their adult mentors. The message is clear to students – “School Comes First.”

But the program also took students out of their comfort zone, with trips to the Port of Long Beach, Lifeguard Boat, the African American Firefighter Museum in Los Angeles, and the Long Beach Airport. They also rode on a LB Lifeguard Rescue Boat and toured the Lifeguard Headquarters.

Not surprisingly, the students and their families describe the experience as life-changing. All student mentees received a Certificate of Completion at a special graduation ceremony, and some received individual awards. This year, one student received the first ever Fire Captain David Rosa Courage Award.

The benefits of matching LBUSD students with fire fighters are numerous, and fire fighters are naturals as role models. The Fire Academy teaches fire fighters the essential skills of teamwork, discipline, trust, hard work, leadership, preparation. The best way for kids to learn these skills is for them to spend time with adults who depict the traits.

In the five years since Rockett Academy began, we have seen grades rise, demeanors improve, and self-confidence soar. The timing could not be more critical as the pre-teens are learning how to act as young adults.

The Rockett Academy is a uniquely Long Beach program started in 2014 by the Long Beach City Prosecutor's Office, the Long Beach Fire Department and LBUSD. It is named for Long Beach Fire Engineer Darren Rockett, a heavily-decorated LBFD veteran (including Firefighter of the Year), who passed away in 2011 after years of service himself as a youth mentor.

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What Makes A Pregnancy High Risk?



Michael Nageotte, M.D.,
associate chief
medical officer,
MemorialCare
Miller Children's &
Women's Hospital
Long Beach

Each year, nearly 4 million babies are born in the U.S. The majority of women experience a routine pregnancy. However, some women experience medical difficulties, making their pregnancy high-risk. Conditions that cause a pregnancy to become high-risk can put mom and baby at an increased risk for complications. Factors that increase a woman's chance of having a high-risk pregnancy, include:

- Pre-existing health problems, such as diabetes, obesity or high blood pressure.
- Use of alcohol, illegal drugs or tobacco.
- The mother's age (younger than 17 or over 35).
- Multiple babies (i.e., twins or triplets).
- Multiple prior miscarriages.
- The baby being diagnosed with a genetic condition, poor growth or a physical malformation.
- Development of preterm labor or pre-eclampsia.
- Abnormal location of the placenta, especially with a previous cesarean section delivery.
- Problems during a previous pregnancy.

When a woman is diagnosed with a high-risk pregnancy, she'll need to see a physician with special training, like a maternal-fetal specialist, also known as a perinatologist. At the Cherese Mari Lauthere BirthCare Center at MemorialCare Miller Children's & Women's Hospital Long Beach, a maternal-fetal specialist is available in the hospital 24/7 to manage complex maternity and fetal care. Just down the hall from the delivery suites is a level III Neonatal Intensive Care Unit (NICU). Our neonatologists and an expert care team are available to care for newborns and their families under one roof.

For more information about why women with high-risk pregnancies should choose Miller Children's & Women's, visit millerchildrens.org/OneRoof.



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At 26 weeks, Stephanie's water broke and she was rushed to her local hospital. At the recommendation of her doctor, Stephanie was transported to MemorialCare Miller Children's & Women's Hospital Long Beach. Maternal-fetal medicine specialists and neonatologists, who are in-house 24/7, delayed delivery, and Izabell was born at 33 weeks. Izabell was taken just down the hall to the Neonatal Intensive Care Unit under the same roof as Stephanie – so mom and baby were never separated during their care.



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Should You Submit to Dual Agency?



**CathyLyn
Brooks**

In California the representation of both the buyer and the seller is legally allowed. This is referred to as dual agency, and several states do not permit this.

Real estate brokers and agents are fiduciaries, meaning that they are legally bound to place the needs of their clients above their own, especially as it relates to compensation and disclosures. You should understand the ramifications of allowing one agent to act for both parties.

The job of the listing agent is to get top dollar for the seller, among other things. The job of the buyer's agent is to negotiate a price that the buyer is pleased with and assist the buyer to a successful closing. By working with an agent who is expected to serve two masters, be aware that your needs, and protections, may not be fully served.

While you may, or may not, be able to negotiate for the agent to reduce the commission, the lack of an advocate for

you during the transaction can cost you more than a little money. Some agents, but not all, love to represent both parties, certainly because they will receive both "sides" of the brokerage fee. It also may make the transaction go more swiftly or smoothly, but clearly there exists a conflict of interest.

Technically, if your agent works for the same firm as a home you see while viewing property with an agent of the same firm, that too is dual agency, but at least with separate agent for each party. While real estate professionals are bound ethically to work together toward the success of any transaction, and the process is not typically adversarial in nature, issues do arise. Home inspections reveal matters to be dealt with, disclosures are required, contract terms may need to be adjusted, and appraisals can fail to meet the mark. When these things occur, it really is best to have your needs and requirements represented so that negotiations can be fair to both parties.

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

Common Sense Media

Texting and Driving: A Killing Combination



Teens love to text. They'll send messages any time and anywhere. But if they text from behind the wheel of a car, the results could be deadly.

Studies show that texting and driving is as dangerous as drinking and driving. If you text while behind the wheel, you're 23 times more likely to crash. Although many states have laws making it illegal to text while driving, teens (and many parents) still do it, even though they know it's dangerous. When teens are driving, any activity besides keeping their eyes on the road and their hands on the wheel -- like emailing, downloading music, taking pictures -- is a huge no no.

So how can you make sure your teen is phone-free while behind the wheel?

- **Make it non-negotiable.** Teens need to understand that keys and phones simply do not mix. Let them know that distracted driving is just as dangerous as drunk driving.
- **Set clear rules.** Tell your teens to turn off their phones and put them in the glove box before they start the car. If you're not sure your teen has the will power to do this consistently, consider using apps that specifically restrict texting while driving.

- **Download an app that disables the phone when you're driving.** If you don't trust yourself, get an app that will keep you honest.
- **Set an example.** Resist the impulse to check your own phone while in traffic. Your kids are watching what you do. And chances are, they'll copy your behavior.

There's no denying that texting is here to stay. So managing when and where your kids do use their phones is critical -- not just for their development, but for their safety as well.

Common Sense Media is an independent nonprofit organization offering unbiased ratings and trusted advice to help families make smart media and technology choices. Check out our ratings and recommendations at www.commonsensemedia.org





Going Beyond Your Imagination

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

Felicia Johnson
National President

As the 2018-2019 National President of The American Business Women's Association, Felicia C. Johnson is proof that you can go beyond your imagination. Even in college as she taught dance routines to fellow band members who were rhythmically

challenged, her leadership ability and love of people was recognized. She never thought about being a member of the National Board of Directors. Others recognized her leadership skills and ability to relate to a diverse population of people. She was encouraged to run for executive positions starting with her local league. She has learned to use her position to allow others to shine. She helps others recognize their voice and realize their ability to step up to leadership positions.

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. To locate a chapter near you, call 562.591.2625 • www.abwa.org



Jeffrey A. Napper
President & CEO

Auto Buying Tips

Are you a first time car buyer or are you ready to trade in your older vehicle for a newer one? Provide yourself the right resources and information to match your buying style and make your life easier. You can visit a dealership and do your car shopping and financing at the same time of purchase, or use vehicle research tools online ahead of time to find the best car for you.that are available to you and can save you time.

Budget. How much can you afford for monthly payments? Evaluate your finances and know what you can afford or be willing to pay after paying all your other bills. Also, note that your car insurance cost or coverage will likely be affected.

Select a car. Just like with any other major purchases, picking the right vehicle means picking one that fits your lifestyle, needs and budget.

Financing. Shop around for rates or visit your local credit union to get pre-approved to ensure you'll get an interest rate that you will satisfy you

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Plant based protein vs. animal protein — What's the difference?



Carol Berg Sloan, RDN

Plant-based, plant-centric, plant-forward all describe a trend that has been here for years and isn't going anywhere. The recommendations by governmental agencies and research published in peer reviewed journals all extol the benefits of eating more fruits, vegetables, beans, grains, nuts and seeds....and this includes trading some of the animal protein consumed by the average consumer to

plant protein. Based on current dietary guidelines, the average male needs about 56 grams of protein a day and average woman about 46 grams. In animal protein terms that's 8 and 6 ounces respectively. Our needs are much lower than you thought! Interestingly, new research points to changing out some of that animal protein for plant-based protein. Just about every type of food has some protein and while not complete proteins, (essential amino acids) the combination of foods you eat in a day or over several days, will provide all the necessary nutrients needed. I suggest instead of a steak, potatoes and broccoli, have stir fried veggies with slivers of beef and serve over brown rice. Another easy tip, add your favorite beans or nuts to salads, soups and stews. Simple and healthy!

This column provides insight from Carol Berg Sloan RDN, FAND, a registered dietitian for 37 years and her daughter, Kelly Sloan, MS, Nutrition and Dietetics, to help you make healthier food and beverages choices.



Kelly Sloan, BS

There is an increasing number of people who are eating more plant-based proteins and plant-based "meat" alternatives, (BEYOND BURGER™ anyone?) while limiting their consumption of red meat (beef) and other animal proteins (pork, chicken, fish). What are the differences between plant proteins and animal proteins? Animal protein contains the essential B vitamins and heme iron that are needed for normal body and cell functions. Plant proteins provide nutrients

such as antioxidants, fiber, vitamins A, C, and K, which have all been shown to reduce risk in developing cancer or heart disease. Research has shown that diets high in plant-based proteins are linked to many health benefits, such lower risk of heart disease, diabetes, and obesity. However, animal protein is also associated with positive health benefits, despite being portrayed as unhealthy compared to plant protein. Research has shown that people who eat fish regularly are also likely to lower their risk for heart disease and that other animal proteins are linked to improved cholesterol levels, weight loss and increased muscle mass. So the next time you find yourself confused or torn between eating animal protein vs. plant protein, it may be better to focus on eating a wide variety of foods instead. This allows an individual to consume adequate nutrients while maintaining a well-balanced and healthy diet.



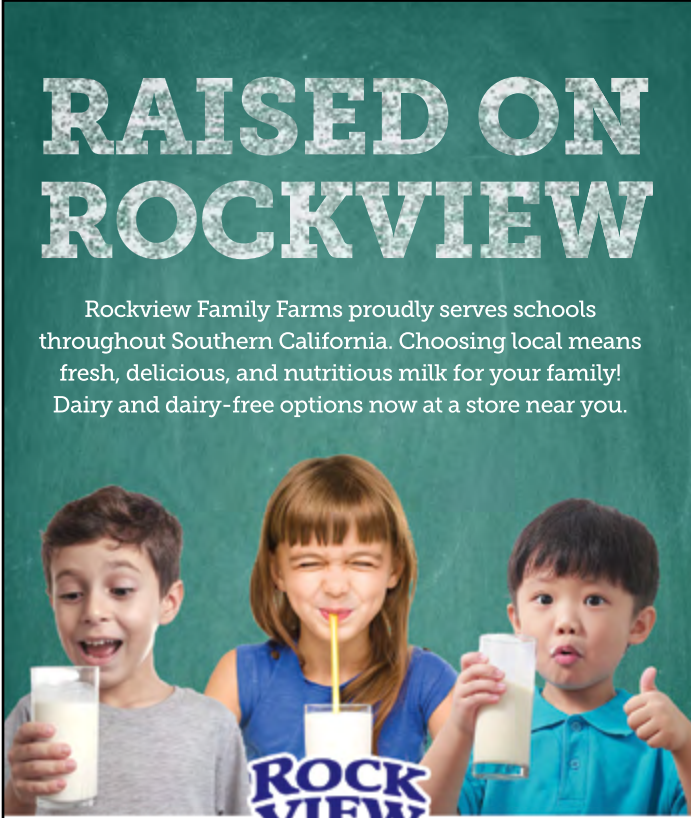

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Rancho Los Alamitos

Visit the Gardens at Rancho Los Alamitos

By Pamela Young Lee, Executive Director

The gardens at Rancho Los Alamitos evoke the history of Southern California, from early Native American settlements of the Gabrielino-Tongva people through to 21st-century urbanization. The four acres of restored gardens seen today reflect the effort of Florence Bixby from 1906 through 1940. Twelve distinct gardens beautify four acres of the Rancho, each of which has its own charm. Visitors to the Cactus



Flowering Puya Plant at Rancho Los Alamitos

Garden this summer were delighted to witness the first bloom in more than ten years of a Puya plant. This exotic plant has metallic blue petals and bright orange anthers on spikey stalks. Open Wednesday-Sunday, 1:00 pm to 5:00 pm at 6400 E. Bixby Hill, Long Beach. Free admission.

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

Leadership Long Beach



Luis Rojas
Wilson High School, Senior,
Class of 2020
Youth Leadership Long Beach
Class of 2019

Finding Leadership Abilities

Youth Leadership Long Beach (YLLB) has opened my eyes to the city of Long Beach through information and interaction with 33 other high school students during the program last year. I went to great places around the city and I found that I have leadership abilities.

My biggest gain from YLLB is that it allowed me to grow and learn. I was able to get outside of my 'comfort zone' because I knew I had the support of my YLLB classmates. This allowed me to stretch myself into trying out for the school's wrestling team, taking AP Microeconomics and earning leadership opportunities with CAMEO this year.

Youth Leadership Long Beach helps me act smarter to protect the environment. I take more initiative to push myself to do different things. What I gained from Youth Leadership Long Beach is making a huge impact on my life.

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

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New School Year Holds Great Promise

The new school year holds great promise for our schools and our nearly 72,000 students in the Long Beach Unified School District.

Our students continue to achieve significant gains in reading and math at various grade levels and across our many diverse subgroups. Eight high schools have reached their graduation rate goal of at least 90 percent, and more students are completing the A-G college entrance requirements.

Christopher J. Steinhauer
Superintendent

Throughout each school year, we hear parents and students express heartfelt appreciation for the opportunities available in our local schools. Students are taking full advantage of expanded Advanced Placement class offerings and a wide array of college preparatory support. Record numbers of students are participating in internships and other career-based learning experiences, including career preparation via dozens of high school pathways.

We will build upon our success through careful and targeted allocation of resources to students who have varying needs, including students whose families are socioeconomically disadvantaged, students learning English as their second language, special education students, homeless and foster children, and students who just need some extra support to reach their full potential.

We will also build upon our districtwide effort to provide safer, more comfortable and secure school facilities that support teaching and learning. Many schools already have benefitted from millions of dollars in voter-approved school bond funds for health and safety-related repairs. Each fall, more of our schools begin classes with new air conditioning. Funds also are being used to retrofit schools for earthquake safety and handicap accessibility, and to upgrade athletic facilities, campus security and communications systems. Implementation of these improvements is an ambitious and long-term effort that will pay lasting dividends for students and staff.

Thank you to everyone who supports these important efforts. Together we will continue our proud tradition of providing students a world-class education.



Supporting, Empowering Students and Families

Welcome to the 2019-20 school year! It is that time when the rhythms of our sites change; summer fun is ending and our 72,000 students and 10,000 staffers return to work in schools across Long Beach, Lakewood, Signal Hill and Avalon. Long Beach Unified starts this year with exciting new programs, new construction, and our continued drive to close the achievement gap and provide for the needs of every student, every day.

Megan Kerr
Member

We are proud that student achievement continues to rise across the district, reaching levels higher than both the county and state, but we also recognize that schools are not just about academic achievement. Each of our sites is a community of families, neighbors and students. Our teachers, administrators and staff work hard every day to build strong relationships on campus and focus on inclusivity for all students at their school.

Strong relationships and a sense of belonging are vital to student well-being. We continue to build trust and work to meet the social and emotional needs of our students in the classrooms and beyond by providing the supportive services they need to be successful. Whether it is making sure they have access to quality food so they are not trying to learn while hungry, nurturing welcoming environments, or increasing awareness that there are adults on campus to whom they can talk to in times of need, we are working to ensure that all students have a safe, supportive and positive learning environment.

The opening of four Family Resource Centers across the district has been a large part of this continuing effort. Staffed with counselors, they have the expertise to connect students and their families with additional support, often times with partners outside of the school district. Community agencies such as The Guidance Center, CCEJ and The Children's Clinic, as well as our partners at the city, county and state levels, can provide families with additional tools including parenting classes, health programs and counseling services. Several schools have established Care and Wellness centers to allow students to access immediate support during their school day.

These efforts, combined with continuing on-site school programming, are providing our LBUSD students and families with more support than ever to have a successful year. We know that when families and students feel supported and empowered, they can thrive and meet the high expectations that we have for them. It is going to be a great year, and we are extraordinarily proud to be LBUSD.

Board of Education



Diana Craighead
President



Jon Meyer
Vice-President



Dr. Juan Benitez
Member



Megan Kerr
Member



Dr. Felton Williams
Member

Addams *Elementary*

5320 Pine Ave., Long Beach, CA 90805 • 562/428-0202
add-lbusd.ca.schoolloop.com



Armando Dueñas
Principal

Building Relationships

By Nicole Kelly, Assistant Principal

Addams has had a positive, productive, successful start to the new year for many reasons.

One of the reasons for so much success has been the addition of new counselor Natalie Ollen. While this is only her first year at the position, Natalie is shining bright like a diamond and handling all of the many facets

of the job like a champ. Most admirably, Natalie has already built many relationships with students and teachers as well as supported teachers in implementing Sanford Harmony lessons.

Way to go Natalie!

Alvarado *Elementary*

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



Cheryl Huber
Principal

Follow Us!

Alvarado is off and running this year at their interim housing site located at the former Butler campus. Teachers have spent long hours setting up their room environment to feel warm and welcoming in this temporary location.

We also welcome a new principal to the Alvarado, with 17 years of experience working for LBUSD. Mrs. Huber is passionate that all students are capable of learning and deserve to feel a sense of belonging.

This year Alvarado will continue its work around the signature practice that defines and make this school a great place for all! Feel free to follow us @AlvaradoLBUSD.

Bancroft *Middle School*

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



Maria Pilar Perossio
Principal

Sixth Grade Orientation

Bancroft Middle School started with a very successful sixth Grade Orientation. 277 students participated

and received their schedules, textbooks, IDs, a warm welcome and tour from our student Den Leaders.

Special “Thank you” to the Uniform Assistance League, Bancroft PTA, and all teachers and staff who volunteered their time and service to give our students and parents what they needed for a fresh, new, middle school experience.



Drive Carefully — Students are Back in School

Barton *Elementary*

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



Dr. Jacqueline Williams
Principal

Path to Success

From the Principal and Elvia Gutierrez, Rec. Aide

At Barton Elementary School, our students are excited to be Barton Bears—and I know why. It's our staff's dedication to our students. Each day, I see teachers teaching with passion and students exhibiting growth mindset. I also see our entire staff

building positive relationships with students inside and outside the classrooms.

To keep our students excited and on the path to success, we work collaboratively with students to create grade-level mission statements in third through fifth grades. As students live by these mission statements, they set a positive example for our students in kindergarten through second grade.



Our bulletin boards also remind students about their plan for success and that each student is primarily responsible for his or her own success.

It's so exciting to be a Barton Bear!

Browning *High School*

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



Dr. Felicia Anderson
Principal

Welcome Class of 2023

On August 20, Browning High School launched their third year of opening with warm welcomes to the new Class of 2023.

Browning's ASB Team and Link Crew planned an energizing Freshman Orientation full of information about the school, pathways, and their teachers and classmates. The freshman learned about the Hospitality, Tourism, Recreation, and Culinary Arts

pathways while earning prizes donated by Browning's business partner, Hofman Hospitality. Freshman described the whole experience as fun and enjoyable, having already "met new friends" and feeling "glad [to] have people and teachers to support [them]." Now, weeks into the school year, the Class of 2023 has already settled into the Browning community.

Both new and returning Browning Bison are truly showing everyone what hospitality excellence means.



Bryant *Elementary*

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



Clarissa Tolentino
Principal

New Chromebooks for a New Year

Bryant Elementary is off to a fantastic start to the new school year. Our students, parents, teachers, and support staff look forward to the excitement and accomplishments that this new school year will bring.

“Wow, this is so cool! We got new Chromebooks!” This was what you heard excited students expressing as they received

the new Chromebooks at the start of school. Our Bryant Bears began using them within the first week of school when the teachers began administering beginning-of-the-year assessments in order to get to know their students as readers and learners. In addition, every student uses their Chromebook as part of enhancing teaching and learning on a daily basis.

Students benefit from differentiated math skills as well as reading skills. With the use of technology, our teachers

have the ability to monitor student progress and provide targeted supports throughout the year. It is evident that many of our classrooms use Google Classroom, where teachers can post reading and writing assignments that give them the opportunity to provide their students with immediate feedback on their work.

This year our Bryant staff has new faces joining the team. We welcome Kari Michelotti, school counselor; Mia Yan, school nurse; Maureen Barry, health assistant; Megan Tumanuvao, occupational therapist; Isoke Nichols, night custodian; and Mary Bravo, recreation aide. We are fortunate to have them join the Bryant staff.

There is great excitement and anticipation as we embark on another year here at Bryant. We are excited around the hopes and dreams that a new year brings, and the great things that we will accomplish together! We are committed to providing our Bryant Bears with the best educational experience by valuing them each and every day they come to school. Go, Bryant Bears!

Burbank *Elementary*

501 Junipero Ave., Long Beach, CA 90814 • 562/439-0997 • bbk-lbusd.ca.schoolloop.com



Scott Fleming
Principal

New Learning Garden

Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine for the soul. – Luther Burbank

Burbank Elementary School is pleased to announce the opening of our new Learning Garden located in our literacy garden. The garden's creation is the result of the collaborative efforts of School Site

Council, community partners, Boy Scouts, and district departments. Each played a key role in bringing the idea to life. Students in grades Kindergarten through grade 5 will benefit from the experiences and joys of gardening. We are certain that Luther Burbank would be proud to know that our students will be better, happier, and more helpful citizens as a result of their work in our garden. Let the sun shine on our Burbank All-Stars!



Burcham (K-8)

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



Chris Eckert
Principal

Facelift from Upgrade Initiative

Burcham Elementary is almost finished with a \$15.5-million-dollar upgrade from Measure E Bond upgrade initiative.

The classrooms are beautifully updated with new heating, air-conditioning, windows, paint, and interiors. All the restrooms have been updated and our cafeteria and auditorium have been modernized. Each classroom has new teaching tools including

the Extron system which allows teachers access to new technology, speakers, microphones, and push button presentation systems. Our PTA has purchased new playground equipment and will be installing an outdoor quad area for students.



Teachers and students are very excited and love their new classrooms. Thank you to the parents and guardians and community members for supporting this incredible program!

Buffum Total Learning Center

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



Miriam Garcia
Principal

Community of Inclusion

*By Julie Harb,
Pre-K Special Education Teacher*

This year marks the ninth anniversary of Buffum Total Learning Center! So far, our enrollment boasts 325 students, which is the highest starting enrollment in the history of our program.

Buffum TLC is a preschool for students with exceptional needs. This year, we are piloting a new program, Typical Peer Co-Enrolled. Currently, we have 20 typically developing peers in five of our special-day classrooms. Including these peers provides a greater opportunity to help enhance the development of social skills, language skills and play skills for our special education students. All of the students on our campus will have an opportunity to interact with their typically developing peers. Along

those same lines, two of our special-day classrooms moved off campus and joined classrooms with the Child Development Centers: Hudson CDC and Central CDC

Why is Buffum TLC so excited about embracing this mindset of inclusion? We believe that inclusion not only benefits children with special needs and their families but it also benefits all children. When we include all children in our programs, they learn acceptance of other people and that each person has unique abilities. Children learn best from one another. With inclusion in place, children with special needs are provided equal opportunity to participate in the same types of programs and activities as children without special needs. Beth Foraker of the National Catholic Board on Full Inclusion puts it this way: "Inclusion requires the teacher to believe that all students have something important to offer in the classroom, and that we really are better off learning together."

Cabrillo High School

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



Cheryl Cornejo
Principal

Collective Team of Ambassadors

By Student Ambassadors

Here we have our Student Ambassadors class of 2019-20, eager as ever to plan out our school year!

This year's Ambassadors class is working on the goals to improve the school's environment inside and outside of school. Our goals vary from building student-staff

relationships, accompanying visitors, advertising Cabrillo in the community and overall representing Cabrillo with a positive image.

In the Ambassador program, we have multiple committees that we are able to join and commit to: Admin Liaisons, Besties, Community Relations, Community Service, News Reporters, Site Visits. Although each of us has a different role in each of our committees, together the committees work as a collective team.



CAMS

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



Wendy Poffenberger
Principal

Japanese Students Visit

On Tuesday, August 27th, CAMS had student visitors from Sarejio High School in Japan. The students paired up with CAMS AP Japanese students and shadowed them throughout the day.

During Japanese class, the visitors and their CAMS partners played Japanese card games and sang karaoke. During lunch,

Sarejio students performed Queen's "We Will Rock You" (Pictured below). Some even dressed as Freddie Mercury! After the performance, CAMS students taught Sarejio students some American group dances like the "Cha Cha Slide" and the "Cupid Shuffle."

While having visitors over from Japan is a yearly occurrence at CAMS, Sarejio's visit certainly stands out as one of the most memorable and we can't wait to have them back next year!



Carver Elementary

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



Matthew Monaghan
Principal

Welcome to Carver!

By Erin Richey, Teacher-3rd Grade

Carver Elementary School is so fortunate to welcome three veteran teachers to our staff! These teachers have a combined total of over 60 years of teaching experience.

Mrs. Damon is our new Early Transitional Kindergarten teacher. She is so happy to continue pursuing her passion as an early childhood educator.

Mrs. Tashe has joined the second-grade team. She enjoys the camaraderie and family-friendly atmosphere that Carver is known for.

Mrs. Keys is our new fifth-grade teacher. She is thrilled to be working with a team of professionals who are dedicated to children and striving daily to improve themselves as educators.



In the short time these teachers have been at Carver, they have truly become part of our school family. Our school and our students are lucky to have them!

Chavez *Elementary*

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



Brenda Ocampo
Principal

Shoes Matter

Sometimes in life it is the little things that can make a huge difference. Such is the case with Long Beach Police Officer Bentazos, who has partnered up with Chavez Elementary to bring our students shoes.

Officer Bentazos asks that we specially select those students who are in need of shoes because they have outgrown their old ones, or that their funds may be limited at home. He will then go out and purchase shoes that are hip and cool and that students will love.

In addition, he also makes it a point to bring his colleagues to help deliver the shoes to the students. The students are genuinely surprised and grateful for them, too. The officers take the time to lace their shoes up, help put them on, and then watch the children walk around to try them out.

After the students leave our office with their shoes



they are seen walking taller, prouder, and definitely ready to learn the daily classroom lessons with a little more confidence! This activity also provides our students with the opportunity to interact with law enforcement and create positive relationships.

Child Development Center

4310 Long Beach Blvd., Suite 200, Long Beach, CA 90807 • 562/422-6868 •
www.lbschools.net/Departments/Child_Development



Cynthia Young
Director

Partner for Student Success

Early childhood education programs are the corner stone for student success. It is important that children have the opportunity to participate in high quality programming. This includes ensuring children's social emotional and health needs are met.

In an effort to support families with wrap around services, CDC has collaborated with the Downtown Long Beach Lions Club.

Annually they provide FREE vision screening through the Lions Kidsight USA Program for all of our preschool children.



Additionally, if any family is not able to provide the necessary follow up the Lions Club will pay for the exam, glasses and surgery if necessary! Last year they screened over 1500 students. The Downtown Long Beach Lions Club rocks for supporting our littlest learners.

Cleveland *Elementary*

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



Kimberly San Jose
Principal

Attendance Counts!

Encouraging regular school attendance is one of the most powerful ways you can prepare your child for success in both school and life.

At Cleveland, our attendance has been improving each year! Last year we started incorporating a reward system for the classrooms which have 10 days of perfect attendance and no tardies, not consecutively. Each classroom fills in a box on



their attendance board-game every day there is 100 percent attendance and no one is tardy. After their game board is filled, each class then gets to “Spin the Wheel” for a special classroom activity.

So far we have had many kindergarten classrooms spinning the wheel. Quite often our kindergarten classrooms will record the poorest attendance due to the half-day schedule, but not at Cleveland.

We are spinning the wheel for being at school and on time!

Cubberley (K–8)

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



Cathleen Imbroane
Principal

Robotics Team v.3.0

*By Catherine Gentry,
8th Grade Journalism Student*

This year’s Robotics Competition is Tower Takeover. Mrs. Dassero and her team of robotics students in grades seven and eight are preparing for the annual Robobowl. This year’s task of Tower Takeover involves students making a robot capable of completing the challenge of stacking five-inch-by-five-inch cubes and placing them in towers. Competitors get one and three-quarters seconds, excluding the autonomous period, to score as many points as possible. It is a fast and strenuous round

in which different teams will be paired together to face two opponents. It is a very difficult challenge that takes skill and strategy to complete. The first-place winner will compete in regionals and continue on.

This year’s students are planning to create some of the best robots with the new gear. Students will be working hard and will be attending 0 period every Wednesday morning to have more days to build the robot and push their limits. This year’s robotics students have high hopes for making it far into the competition. With hard work and dedication, our own Cubberley Robotics program will hopefully compete well and place in the competition. The participants cannot wait to compete and bring back the championship title.



Dooley *Global Studies Magnet School*

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



Nicole Howton-Chiles
Principal

Innovative Tools for Teachers

By Nick Galanis, Kindergarten Teacher

Dooley continues to maintain a high standard of educational rigor for all students.

One of the ways we accomplish this is by offering our teachers several options for training. Teachers can pick from areas including ELA/Technology, ELL Resources and Support, Guided Reading, Writing & Feedback, and Math Tasks.

Teachers will select three of the five topics of training offered. Once they attend a training from their top three choices, teachers will commit to two of their three choices and will continue to receive several sessions of training in those two areas throughout the year.

This plethora of learning will not only enhance teachers with more innovative tools, but these tools will ultimately transfer to our students enabling them to gain more twenty first century learning opportunities.



Emerson *Parkside Academy*

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



Rose Vitetta
Principal

ALL MEANS ALL!

ALL MEANS ALL at Emerson Parkside Academy! Emerson is excited to roll out a new model titled, Collaborative Co-teaching (CCT).

The CCT model is a classroom that has students with a variety of strengths and needs. Some of the students will have an Individual Education Program just like in most classrooms. All students will benefit from the expertise of two teachers all day... One general education teacher and one education specialist teacher. These teachers will co-plan and instruct all students to provide high quality differentiated instruction to support all students. There are many benefits to having CCT on campus:

- It values that our differences make us better!
- Smaller student to teacher ratio...
- Increased differentiated instruction.
- The expertise of two teachers!



This year, CCT is starting in Kindergarten with Miss Peterson and Mrs. Porcher!! Each year, we will add a new CCT class to the grade level!! Emerson believes that all students learn better together!

Franklin *Classical Middle School*

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



Wendy Sowinski
Principal

Step Team

Last year, Franklin students were given a new and unique opportunity when one of our instructional aides, Michelle Tillis, began a step team. Ms. Tillis brought the idea to teacher Michelle Green, who supported her 100%. Another teacher, Julie Hyson, also gave her full support to the idea and bought team shirts.

Because this was a completely new concept to the students, she began by showing them movie clips of step teams. Last year, the team happened to be all girls, but Ms. Tillis would like to start up a boys group this year. The routines are complicated and require hard work and dedication.

The Step Team gave a performance in March for Black History month. They performed in Los Angeles at an art show and at the opening of Franklin's new fitness center. The Step Team is back in action this year and looking forward to performing.



Fremont *Elementary*

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



Dr. Cassandra Richards
Principal

Full STEAM Ahead!

*By Laura Malloy,
Science Teacher*

John C. Fremont Elementary School is in the process of partnering with the PTA to develop a school-wide STEAM program. The goal is to focus on students who are actively participating in integrated hands-on science, technology, engineering, art, and mathematics activities both in the classroom and in after-school programs. Fremont is already home to a much loved Science Lab, where all students from kindergarten to the fifth grade can have weekly visits to engage in scientific problem-solving and engineering practices.



Our fifth-grade state science test scores at Fremont have traditionally been much higher than the state and district averages on the same test. This supports the data that early and consistent exposure to science, problem-solving, and engineering practices is advantageous to student learning. As one enthusiastic upper-grade student put it, "We learn to think critically and explore ways to solve problems while having a fun time with our friends!"

Gant *Elementary*

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



Cassandra Fanton
Principal

Green Team

By Amanda Sharma, Parent

The Minnie Gant Elementary School Green Team started off the new school year with a big, green bang! An environmental education group was on campus last week with a fun, educational, and interactive assembly to teach students about where trash goes and how to reduce, reuse, recycle, and rethink!

For the past two weeks, the Gant Green Team has been on campus during lunch and snack times to empower our students to be mindful about the waste they produce and where their waste belongs. During our Zero Waste Lunch Challenge, students have the opportunity to win raffle prizes by either bringing in trash-free lunches or sorting their trash into the appropriate recycle or waste bins.

The Gant Green Team plans on popping in for one week every month at the sorting stations to guide students and to encourage them to sort their trash responsibly.



The Green Team is looking for students to help with sorting, campus clean up, and other green initiatives on campus.

Harte *Elementary*

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



Lisa Worsham
Principal

PAWS for a Successful School Year

Bret Harte Bulldogs are off to a “PAWsitive” start this year. At our first Spirit Assembly Ms. Cox’s 4th grade class lead the entire school community in the Pledge of Alligence and the Bret Harte song as well as performing, You Got A Friend In Me.

Our guidelines for student success, PAWS, was taught and celebrated. P stands for playing safely. A stands for acting responsibly. W stands for working hard and S means Showing Respect. Students get excited to receive a Bulldog Boast slip when they behave in that “Pawsitive” way and redeem 10 boasts for a sweet treat on “Popsicle Thursdays”.

Go Bulldogs!



Hamilton *Middle School*

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



Jorge Montanez
Principal

All In

Hamilton Middle School is participating in #ALLIN, a city-wide attendance campaign based on the understanding that increasing student attendance is crucial to improving academic achievement. The campaign includes recognition and incentive programs at schools, parent and student workshops, assemblies, posters, and decals. Hamilton is committed to encouraging every student to attend school every day.

His initiative is led by Hamilton's Attendance Accountability Team, whose duty it is to support our school to reduce chronic absenteeism. With the support of students, parents, staff, and community leaders, #ALLIN engages students in a variety of activities to promote attendance awareness. In addition, #ALLIN supports families in the Hamilton community and asks for their commitment to good attendance. Students and their families have shown great enthusiasm, and many have pledged to maintain or improve their students' school attendance.

We support the #ALLIN pledge, as it is our hope to empower each student to rise, attend every day, and strive for academic success.

It's a great day to be a Wolverine!

Holmes *Elementary*

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



Lori Grady
Principal

Recognition

Cruise by the front of our school and you will notice a new banner proudly displayed at our front gate. This banner is hanging to recognize Holmes being recently named a top public school by Innovative Public Schools.

IPS is a nonprofit organization working to make sure that all students, especially those of color, receive a world class public education that prepares them for success in college, careers, and beyond. Holmes recently hosted a group from IPS that not only visited our classrooms, but participated in grade level planning with teachers.

Holmes is proud to be leading the way for educational equity across Los Angeles County by helping to close the achievement gap and setting students on a path to college and successful careers.

Henry (K-5) *Dual Immersion School*

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



Veronica Madrigal
Principal

Some Worthy Honors

The Patrick Henry Patriotas returned this fall to ready classrooms and expectant teachers! Our Back to School Night was on September 5th. We had a packed house! Many parents were excited to be meeting their child's new teacher and learning about classroom expectations.

But before the teachers opened their doors, we hosted the parents in the auditorium for some big news! Over the summer, Sra. Padilla, a kindergarten teacher, was nominated by a parent for the LifeChanger of the Year Award. According to their website, the National Life Group recognizes and rewards K-12 educators and school employees across the country. Their "program celebrates those who are making a significant difference in the lives of students by exemplifying excellence, positive influence, and leadership."



Sra. Medina, Sra. Madrigal (principal), Sra. Padilla

During that same evening we were also proud to announce that Sra. Medina, another kindergarten teacher at Patrick Henry, had won the Read Connigo Bilingual Educator of the Year Award! Their website states that this award was created to recognize exemplary bilingual educators for their work and dedication in helping students excel.

In particular, they look for "educators who demonstrate enthusiasm for children's literacy and bilingual education, create positive learning environments, and inspire a love of reading in students."

A hearty congratulations goes to both of these fine educators. We are so grateful to have staff members like Sra. Medina and Sra. Padilla. They truly deserve the recognition!

Hudson (K-8)

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



Lisa Colburn
Principal

Sailing toward Success

Hudson's GATE and Accelerated students recently participated in a summer camp designed to link academic learning and social skills to a real life application. As Hudson's incoming sixth-graders learned

how to navigate real sailboats, they also discovered the science and technology that is required to keep a boat afloat.

At the camp, the students collaborated in small groups to design cardboard boat models that were tested for buoyancy. They used this experiment to revise their plans to create blueprints for life-sized boats by using cardboard, duct tape, and plastic wrap. Students worked towards answering essential questions such as, "How can you apply your knowledge of volume to solve real-world problems?" And, "What are the benefits of communicating with others?"



By the end of the week our incoming sixth-graders had formed strong bonds with their peers, and were confident to test their products. Each team boarded its vessel to compete in a timed obstacle course in the bay. All of our teams were winners, because the goal was to foster collaboration, problem solving, and the intrinsic joy of learning.

Hughes Middle School

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



Edward Samuels
Principal

Where Everybody Belongs (WEB)

By Rita Aslan, Assistant Principal

We are off to an excellent start at Hughes Middle School!

Our eighth-grade WEB Student Leaders kicked off the 2019-20 school year by welcoming incoming sixth-grade students with a fun orientation day of exploring and getting to know our campus. WEB Student

Leaders helped new students discover the tools and resources that will help them be successful as well as ease stress and anxiety of starting middle school. Sixth-grade students are not only now familiar with the school campus but have also made connections as they got to meet new friends and increase their sense of belonging on campus. WEB helped nearly 500 students successfully transition from elementary to middle school.

A big thank-you goes to Mr. Krstich and Mrs. Van Divort for spearheading the program and leading this group of scholars in their role of service leadership.



Jefferson *Leadership Academies*

1400 East 20th St.A, Long Beach, CA 90806 • 562/591-7477 • lbjefferson.schoolloop.com



Connie Magee
Principal

Jefferson Is Back!

After a year of waiting over at the Butler Elementary School campus, we are moved back in and enjoying all of the upgrades from Measure E. The best by far is the air conditioning. Students and staff are comfortable in the classrooms, no matter how hot it is outside!

We love the new field, and the ramps and elevators will make moving items much easier and provide needed access for all students and family members.

As the finishing touches are completed, we look forward to announcing our grand opening soon. We are also excited to welcome our new administrative team. They have hit the ground running! We welcome Cathee Escobar, our new counselor, and Eddie Cruz and Patrice Rice, our new assistant principals.

Thanks to everyone who has worked so hard to get Jefferson Leadership Academies ready for our return!



Jordan *High School*

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



Veronica Coleman
Principal

Connecting to Our City

Jordan is proud to welcome Captain Jason Hosea, Diversify Recruitment & Partnerships Manager, to our LEAPS (Law, Emergency, & Public Service) Pathway. Captain Hosea is teaching Fire Science 1-2 as the inaugural course of our fire program.

Building on our community partnerships, LEAPS has combined efforts with the Long Beach Fire Department to enrich student learning experiences. Students get to participate in visits to our local Fire Station 12 as well as the Port of Long Beach, Harbor Division. Here, students have hands-on training on how to use rescue equipment and learn about the specialized techniques needed for fire safety on the water.

Jordan cannot be prouder of our growing connections to our city and the meaningful learning that it brings.



Kettering *Classical Elementary*

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



Rachel Peters
Principal

Thank You, PTA!

If the role of any PTA is to build strong working relationships among parents, teachers and schools in support of students, then Kettering Elementary School's PTA more than fills the definition. Kettering's PTA has been a strong support since the school's opening in 1961.

Our 2019–2020 school year has already started out strong, with Kettering's PTA rolling out its first fund-raiser at a local pizza restaurant, putting the final plans in place for a community celebration with a family picnic and movie night, and securing field trips to a variety of destinations. Not only does Kettering's PTA focus on bringing our community together and providing the students with unique opportunities, but it also supports the school with its own creative program, Makers-Space. Makers-Space is an open classroom that provides students with materials to create objects, design concepts, produce original artwork, and work collaboratively to solve problems. Students are invited into Makers-Space throughout the day.



Lincoln *Elementary*

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



Caroline Nemeč
Principal

Thank You, Aides Team!

By Juan Gonzalez, Assistant Principal

Lincoln Elementary had an amazing

start to the new school year! All the teachers, parents, office staff and administrators want to give a big thank-you to our awesome recreational aides. Since the first day of school, they have been working as a team by making sure all of our students enter our school safely, lunch lines are moving smoothly, students are following the rules on the playground, and everyone follows Lincoln's Guidelines for Success to ensure a safe, equitable learning environment.



Let's give a big Lincoln ROAR to Ms. Fanny, Ms. Elvie, Ms. Silva, Ms. Brenda, Ms. Paula, Ms. Gloria, Ms. Gladys, Ms. Daisy, Ms. Sara, Ms. Cynthia and Mr. Jordan. We at Lincoln know you love what you do each and every day!

Lafayette *Elementary*

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



David Komatz
Principal

Dual Immersion is Dually Beneficial

by *Laura Noriega, DI Kinder Teacher*

The Lafayette Dual Immersion Program, which was established in 1998 is a unique educational model where children learn to think, read, write, and communicate naturally in two languages. Our Dual Immersion Program merges the most successful aspects of immersion and bilingual education with a strong academic and multicultural program. The program implements 50% of instruction in English and 50% instruction in Spanish from kindergarten through the fifth grade.

This program also includes a strong school-home partnership that coordinates school-wide and program events such as the annual Harvest Festival and end of year Dual Immersion performances. Our students are empowered to achieve the highest academic, social and linguistic skills to succeed now and in the global economy.



Kinder DI Team

Lakewood *High School*

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



Shawn Abbate
Principal

Camp Wood

As the school year began, Lakewood High School's ninth-graders got a head start on success for the upcoming year. Over 800 students participated in a four-day orientation to the campus and high school life. They were introduced to the many opportunities Lakewood has to offer, including the career pathways.

Students in all five pathways spent three days on campus working with teachers and staff, engaging themselves in teamwork games, scavenger hunts, and other activities to help set themselves up for success in their high school careers and beyond. On the fourth day of Camp Wood, students from all pathways

traveled to industry-aligned locations to start their résumés with some high-quality, work-based, learning experience.

Our Applied Technologies Magnet students visited the Columbia Space Center, while our Health Occupations and Sports Medicine students learned about sports medicine at a local fitness center. Merit Scholars experienced the Richard Nixon Library as Odyssey members studied erosion at Granada Beach. Digital Media, Arts, and Communication students went to a private screening of "The Lion King," where students were challenged to be the heroes of their own stories.

Students saw firsthand the connection between their chosen pathways and real-world applications. They also met new friends and learned what it means to "keep it good in the Wood."

King *Elementary*

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



Osvaldo Ocampo
Principal

From Black Asphalt to Green Gardens

Let us introduce Mrs. Janet Saunders. Mrs. Saunders is a retired teacher from King Elementary School and a volunteer in our new gardens. When she started teaching at King, Mrs. Saunders was saddened by the overall atmosphere of the school. King only had black asphalt, some playground equipment, and one tiny patch of grass around our auditorium.

Since Mrs. Saunders grew up on a farm in rural California, she knew the value of growing plants and

harvesting food, so she felt inspired to bring this reality to our inner-city school. But how? Could she do it alone? The answer was that it would take a village and the American Heart Association (AHA) Teaching Gardens!

First, she applied for and received a three-year grant from the AHA. Next, the principal, teachers, students, and AHA got on board. The village was formed!

Before she knew it, King Elementary had a beautiful shed filled with tools and hoses. Because of the collaborative efforts of all the stakeholders, we were able to create our teaching gardens, which have dramatically changed our school's learning environment!

Thank you, Mrs. Saunders!

Lindsey Academy (6-8)

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



Renny Chu
Principal

Health Sciences

By Federico Martinez, Teacher

Lindsey continued its connection with the Health Science Pathway through a partnership with Jordan High School's AIMS (Aspirations In Medical Services students) Program.

During this year's Summer Enrichment program, students visited Jordan and were met by Kelly Meade, Pathway Coordinator, and her AIMS students; several of whom were former Lindsey students. They rotated through sessions on the art of sutures, working with a C.P.R. human machine, and observing an anatomage, which is a virtual diagnostic and dissecting table. During the CPR session, they learned about the fate of their "patient" after identifying the symptoms.

Students were amazed at the real life practices while building strong interest in the Health Science Pathway.



Long Beach Learning Center

3701 E. Willow Ave., Long Beach, CA 90815 • 562/426-6846 • ilp-lbusd-ca.schoolloop.com / reid.lbusd.ca.schoolloop.com



Troy Bennett
Principal
Beach High School



Dr. Jeffrey Cornejo
Principal
Reid High School

The Best of Both Worlds

The new school year began with anticipation. The Beach Sharks have welcomed the Reid Raptors onto the campus with open arms. The two school sites (which were created to help students recover credits, and thereby, discover the true scholar inside of them)

have joined forces with a dynamic start to the 2019-20 school year. Highlighting both schools commitment to Restorative Justice, Safe and Civil, and Relationship Centered practices, the "Long Beach Learning Center"

is born. United by a common purpose, the LBLC now provides a unique experience to students who need just enough support to earn their high school diplomas, and also an incentive to adopt a growth mindset centered on community building. Indeed, Jeffrey Cornejo and Troy Bennett's focus on TEAMWORK has helped create an atmosphere where two sites can co-exist in a symbiotic relationship. The LBLC also supports a college going culture by providing college mentors from the CSULB BLAST program, and organizing field trips to college campuses. The collective Guidelines for Success for the LBLC are the Powerful Ps: positive, productive, prompt, prepared, and polite. As students and staff work together to follow those guidelines, the LBLC can hope for an amazing school year!"

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

Change your Tomorrow, Today

Long Beach School for Adults is celebrating the 68 students who received their high school diplomas and another 23 students that received their high school equivalency certificates in May at Browning High School's multipurpose room. The room was filled to capacity, with standing room only. Family, friends and staff cheered as each name was read aloud.

Graduation speakers shared their stories of the struggles and challenges that they had to overcome to achieve this milestone of receiving their diploma or equivalency certificate.

Coming back to school after being out for 10, 20 and sometimes 30 years is quite the challenge, and learning to juggle work, family, friends and school can be overwhelming, to say the least, but these students did it! Congratulations to Long Beach School for Adults' Class of 2019!

Los Cerritos *Elementary*

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



Alissa Gamboa
Principal

Urban Farmyard

This spring the Los Cerritos Elementary School's Urban Farmyard is celebrating 20 years! That means 20 years of providing a dynamic outdoor education to all students. The Urban Farmyard was founded by kindergarten teacher Diane Swanson. Since being established, our Farmyard has gone on to help earn Los Cerritos Elementary School the Green Ribbon Award!

This year a local nonprofit specializing in garden education will come in to teach all of our students. These lessons will link every child's learning across the curriculum. The students who learn in the garden this year will get to practice their engineering skills while designing a zucchini race car. They will also get to make their own butter, examine old farm tools while reading *Little House in the Big Woods*, and discuss "food deserts" and how to help solve this problem.

Our students will also cultivate and tend a Giving Garden. The food will be harvested and donated to a local shelter, which will help teach the children how to be good citizens who help others. The Urban Farmyard is much beloved by the Los Cerritos community!



Lowell Bayside *Elementary*

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



Lester Lawson IV
Principal

Lowell PTA

As we begin another school year at Lowell, I want to recognize the wonderful work our PTA does year in and year out.

Having a PTA such as Lowell's does not happen by accident. It starts with membership, which spreads the word about all of the great things PTA does to support our activities here at Lowell. From our Learning Garden, to increased technology, field trips, and many more enrichment

programs, Lowell's PTA is integral to the day-to-day work we do.

One of the contributions of the PTA that sometimes flies under the radar is the unity it fosters amongst Lowell's teachers, staff, students, and families. This is something that cannot be measured, but can surely be seen and felt.

Our Lowell village continues to grow and thrive because all of our stakeholders play a part. I want to thank Lowell's PTA for another fantastic beginning to our school year and for all of the exciting programs they have in store for 2019-2020.

MacArthur *Elementary*

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



Maria Yeppez
Principal

A High Level of Achievement

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

MacArthur Elementary is a clear leader in getting its students to meet grade-level standards and beyond! As a result, we were recognized in 2018-2019 and 2017-2018

as an Honor Roll School by the Educational Results Partnership (ERP).

ERP is a nonprofit organization that recognizes schools with high levels of student academic achievement, improvement in achievement over time, and reduction in achievement gaps. In addition, our students continue to demonstrate positive gains in student achievement, and meeting or exceeding standards above the district average in English language arts and mathematics.

Most importantly, we prioritize teaching social-emotional factors that can affect our students' learning, such as growth mindset, self-efficacy, self-management, and social awareness.

Mann *Elementary*

257 Coronado Ave., Long Beach, CA 90803 • 562/439-6897 • mann-lbusd-ca.schoolloop.com



Tracy Fiala
Principal

Back to School Night

To celebrate the amazing completion of our Measure E construction and kick off another successful new year, Horace Mann Elementary celebrated family at our Back to School Night. Families came for family pictures, music, dinner, a book fair, t-shirt printing and a ribbon cutting ceremony. There was so much excitement in seeing the newly refurbished school and classrooms

by the community. Teacher presentations reflected high expectations with a mission and determination for success.

We're looking forward to another successful year at Mann and we are so thankful for our wonderful community



and neighborhood who are supporting our efforts to provide the best education for the most amazing kids!
#mannschoolrocks

Marshall *Academy of the Arts*

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



Marie Hatwan
Principal

Ready to Learn

It is hard to believe that we have already been in school for a few weeks! Our students have come in ready to learn and we have settled into their daily routines. Families play a vital role in children's success at school. Our Dads of Great Students (DOGS), ensure that our students feel welcomed on the first day with our Father Reception line.

Our DOGS can be found every morning and afternoon ensuring student safety by supervising student crossing at busy streets and help at lunchtime. Student safety and success is a family affair! We thank our DOGS with all our heart!



McBride *Sr. High School*

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



Gonzalo Moraga
Principal

Celebrating Student Achievement

The McBride Cheer echoed through the school's lecture hall in September as we celebrated our strong student achievement and career pathways.

Lauded by *U.S. News and World Report* as one of the nation's best high schools, McBride's students rank among the top three campuses in the Long Beach Unified School District in A-G course completion rates at 89



percent. A-G courses are high school classes required for consideration for admission to the California State University system.

McBride saw an eight point gain in English-Language Arts SBAC scores, with the McBride Engineering (ME) and Criminal Justice and Investigations (CJI) career pathways earning certification for learning linked to careers. Go Wolfpack and cheers to the CJI, Health Medical, ME pathways!

McKinley *Elementary*

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



Vanesha Davis
Principal

Musical Play

By Valerie Vinnard M.M.

McKinley's vocal music program is in full swing. Scholars have been engaging in positive social-emotional learning skills such as turn-taking, sharing, self-regulation, and developing empathy for others.

Through music and movement, and "dance scarves" which are incorporated in the music lesson students' imagination and self expression come alive.

Musical play offers benefits such as kinesthetic awareness, sensorimotor skills, as well as the development of vocal exploration and building of English language proficiency.

Play is a natural way for children to respond to musical cues as they develop important interpersonal skills while interacting in positive ways with their peers.

The future looks bright; McKinley looks forward to partnering with the Arts Council for Long Beach in the near future. Stay tuned!



First grade students displaying "dance scarves" and drums with music teacher Mrs. Vinnard and her hand puppet Arthur.

Millikan *High School*

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



Alejandro Vega
Principal

1000 Building Under Construction

By Chance Paxton, student writer "Corydon"

Upon entering Millikan at the start of the school year, you'll notice the construction of a mysterious structure. Excitingly, that massive brick-and-steel complex is going to be the 1000 Building, an all-new facility for the Millikan family.

The building began its construction in August 2018, and it was intended to be open during the summer of 2019, but evidently, that plan did not go accordingly.

Nevertheless, the building is a very ambitious project, with a projected budget of \$33.5 million dollars being put into a 49,600-square-foot, multilevel building that spans the width of the right-wing parking lot and results in the relocation of the soccer and softball field.

The building brings many benefits and perks to the Millikan community. The building boasts a new contemporary architectural style never before seen at Millikan, combining both brick and newer materials. The building will be composed of 20 different classrooms, including special-education and occupational-therapy rooms, science-lab classrooms and a career center.

While these might not seem necessary in the Millikan community, the building will also sport new specialized elective and SLC capstone rooms, such as a courtroom, and specialized rooms for classes such as Virtual Design, Graphic Design, Museum Studies, Fashion Design and Computer Forensics.

It is unclear when the 1000 Building will finish construction and be opened to the public; regardless, this new addition to the Millikan campus is going to be a grand addition to the Millikan community.

Nelson Academy (6–8)

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



Kathleen Reed
Principal

Expanding Our Learning

The summer of enrichment at Nelson Academy included classes such as dance, Spanish, food and nutrition, ecology, piano, cultures, community ambassadors, clay, strength training, computers, and art history. Students learned both in the classroom and through fun field trips in the community.

Several classes paired up for collaborative projects connecting themes, such as ecology and nutrition or Spanish and cultures. A

number of our sixth-grade Gifted and Talented Education (GATE) students also participated in the Art of Building a City program, which gave students the opportunity to participate in the Summer Science, Technology, Engineering, Art, and Math (STEAM) Institute at the Long Beach Sailing Center. Students worked hands-on with STEAM professionals to experience three-dimensional design and sailing. These students will follow up their summer learning with 10 Saturday STEAM workshops, continuing to work with industry professionals on a variety of topics.

Way to extend your learning, Knights!



Exploring the Community

Newcomb Academy (K–8)

3351 Val Verde Ave., Long Beach, CA 90808 • 562/421-8851 • lbnewcomb.schoolloop.com



Donna Ryono
Principal

Early Transitional Kindergarten

By Michaela Ngo, 7th Grader

Newcomb K-8 Academy has added a new Early Transitional Kindergarten program this year.

Newcomb's ETK teacher, Mrs. Dalzell, gave some insight into this new program. She believes that participation in an early learning class will expose children to skills they will need in Kindergarten. With early preparation, students will be even better equipped to become readers, writers and mathematicians as they progress through the grades.

When asked why she enjoys teaching ETK, Mrs. Dalzell answered, "It is wonderful to see students having fun and learning at the same time."



Our Newcomb community is excited to offer this early learning program that will prepare children for success in Kindergarten.

Oropeza *Elementary*

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



Richard Littlejohn
Principal

The Otter Squad

The Otter Squad is kind! An atmosphere of “Kindness” is now blossoming at Oropeza!

Kind acts are happening everywhere on our campus. We are focused on connecting students through kind acts to become more “Socially Aware.” All of our stakeholders have been introduced to the new “Guidelines for Success” developed through staff analysis of data from our August Data Days. We are

addressing the needs of students at the foundational level, where visibility, consistency, and reliability are the keys to future success.

Our students have been introduced to the following school expectations: Be Kind, Be Respectful, Be a Good Listener, Be “Hands-Off”, and Be a Friend. Otter Bucks are also given to students for following our Guidelines for Success, displaying acts of kindness, and for displaying scholarly behavior.



Seventy-five to 150 students will be rewarded every week for earning their Otter Bucks. Students who earn Otter Bucks also have a chance to visit the Otter Squad Room. All students are a member of our Otter Squad and all belong. Go, Sea Otters!

Polytechnic *High School*

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



William Salas
Principal

A Worthy Recognition

By Tom Morel, Poly Class of 2019

The Poly Auditorium was officially renamed “The Andrew Osman Performing Arts Center” during a special ceremony on June 23rd. In April, Osman, who had been Poly’s instrumental music teacher for 36 years, was diagnosed with advanced stage pancreatic cancer and retired immediately to begin treatment.



Andy Osman is addressing the crowd at the ceremony

In the fall of 1983 Mr. Osman came from UCLA to a music program that was badly in need of help. He immediately began demanding excellence from his students, and worked hard to build a Poly music program that lived up to its prior reputation. Piano teacher Julia Gustafson said that Osman is “responsible for creating the current music program.”

The renaming ceremony, which featured tributes from former students and colleagues, was followed by a reception in the Poly Quad with musical performances from former students.

Powell *Academy (K-8)*

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



Tynisha Smith
Principal

Celebrating Grandparents & Grandpals

“A grandparent is a little bit parent, a little bit teacher, and a little bit best friend.”

Powell Eagles started out the school year celebrating our grandparents & grandpals. On Friday, September 6th, we welcomed our grandparents & grandpals in morning with a welcome table and a light breakfast. At the start of the school day, they transitioned to classrooms with their grandchildren to participate in a host of activities including grandparent/grandpal interviews, math fact puzzles, and more.



We had a wonderful turnout with approximately 150 grandparents/grandpals on campus, this is a new tradition for Powell that we hope will continue to grow.

Prisk *Elementary*

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



Beth Cohen
Principal

Reading Buddies

After a successful partnership last year, Prisk Elementary School and Stanford Middle School will continue their “Reading Buddies” program in which 8th graders from Stanford pair with 3rd graders from Prisk, 7th graders pair with 2nd graders, and 6th graders pair with kindergarteners.

Students at Stanford walk over to Prisk once per week for the entire school year.

Throughout the year, they get to know their buddies, read together, and sometimes even do S.T.E.A.M. projects based on the books they choose. This is a great program for both academic enrichment and social-emotional learning! Special thanks to all of the Stanford and Prisk teachers who work hard to make this program a success!



Roosevelt *Elementary*

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



Tammy Lavelle
Principal

Fresh-Produce Snacks!

Do you know what a sugar snap pea tastes like? Roosevelt scholars do, and they love them!

Roosevelt scholars are now offered a fresh fruit or vegetable snack every Monday, Wednesday and Friday during their morning recess. Recent choices have included fresh summer peaches, strawberries and snap peas.

Fruit and vegetables are two of the most important parts of a child’s diet. They are low in fat and calories and high in fiber, and they supply key nutrients that a child needs to grow. A recent study proves that a diet rich in fruits and vegetables increases a child’s ability to focus in the classroom and retain what they have learned, resulting in higher achievement.

Roosevelt scholars are enjoying healthier snacks than ever and are getting the recommended one cup to one and a half cups of fruit and veggies that they should eat each day. Go Bears!



Back to School!



Smith *Elementary*

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



Hugo Figueroa
Principal

Enjoying Fruit and Vegetables

According to the Centers for Disease Control and Prevention, one in five children in the United States is considered obese. The students at Smith Elementary School have been given an amazing opportunity to develop healthy habits and reverse this negative trend.

The federally funded Fresh Fruit and Vegetable Program has provided an eclectic array of fresh fruits and vegetables for our students to enjoy. During recess, the students rush to the cart, eager to try familiar and unfamiliar fruits and vegetables. After trying a recent selection, snow pea pods, a student shared, "I've never tried one of these before, but I like it!"



Third Graders Princess Smyth, Leah Mora and Lily Pittman

The program has been an excellent step toward reaching our school-wide goal of promoting and encouraging students to make healthier choices.

Sato *Academy of Mathematics & Science*

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



Mona Merlo
Principal

New Building

Sato Academy opened its doors to the 2019-2020 school year with 16 new classrooms complete with state of the art audio visual systems complete with surround sound speakers and microphone and air conditioning

The new building provide Sato with 9 new regular classrooms along with new labs for Chemistry, Biomedical Sciences, Physics, Intro to Engineering Design, Principles of Engineering and Engineering Design and Development complete with 6 CNC machines workshop space for Computer Integrated Manufacturing.



The new facility makes it feasible for Sato Academy to continue to add club offerings such as underwater rovers along with expanding electric cars, solar boat, RC Flight, Drones, VEX Robotics and MESA related competitions.

Stanford *Middle School*

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



Rebecca Suzanne Caverly
Principal

Spectacular Teaching Team

Stanford teachers are truly spectacular. They work incredibly hard getting ready for the new school year. They plan lessons, decorate their classrooms, study their subject matter, create new materials, and collaborate with one another.

During our opening faculty day, our teachers engaged in some very



deep thinking. They reflected on their purpose. They answered questions like: Why did I become a teacher? What is my gift? What will be my legacy? What is my "why"? They also dedicated their school year to someone. Stanford teachers are intelligent, skilled, experienced, talented, compassionate, dedicated, and committed to our students.

We can all be very proud of these professionals. We are all so fortunate to be part of this community.

Stevenson *Elementary*

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



Nancy Dalton
Principal

Pow! Wow! Mural

This summer Stevenson Elementary School received a refreshed look, including the honor of having a local art and culture organization bring a mural created by artist Kayla Mahaffey to our playground. Art teacher Ms. Rumion was fortunate enough to meet the artist while she was on campus painting.

Ms. Rumion opened the school year for the SmART Start art classes by holding classes alongside the mural, inviting all students to critically observe the beautiful piece and determine the character's story. In October, the teacher will share the student-created narratives that accompany this piece with the artist and the organization that provided the mural.

This year's focus for Transitional Kindergarten through fifth-grade art instruction will be dedicated to the connection between mathematics and art, with a focused study on shapes (geometric, organic, plane, solid), bilateral symmetry (nature, portraits, masks), and radial symmetry (mandalas).



Tincher *Preparatory School (K-8)*

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



Alma Black
Principal

Tigers Three-Peat

Tincher Preparatory School focuses on high expectations and academic results. Our staff works closely with parents to ensure students achieve their maximum potential. This hard work paid off in a big way at the start of the school year.

Tincher was presented with a \$15,000 check in recognition of three consecutive

years of growth on the SBAC, exceeding both the K-8 and district averages. Key to this success was collaboration, data driven instruction, smaller class sizes in middle school, and before and after school support for students. Classroom instruction is enriched in a number of ways and we are already setting our sights on next year's Four-peat.

The incentive funds will be used to further support our academic success.



New Principal Alma Black and teachers proudly show a \$15,000 check in celebration of their third year of SBAC growth.

Twain Elementary

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



Patrick Booker
Principal

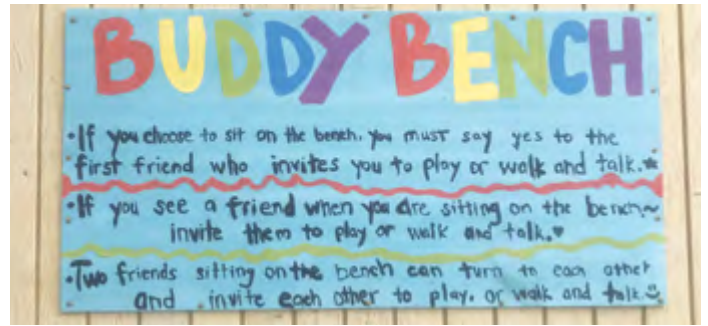
Friends Waiting to Happen

By Lisa Klimas, Parent

Twain Elementary School has a new Buddy Bench, donated by Girl Scout Troop 1893. A Buddy Bench is a designated area where children can go when they are lonely and want someone to talk to or play with on the playground.

The students saw an opportunity to spread the message of kindness and inclusion and received permission to repurpose an existing bench on the school's upper-grade campus. During the summer of 2019, the Brownie troop designed and painted the bench and installed a sign with the rules for using the bench. Once the new school year started, the girls made a video with fellow students demonstrating how to use the bench. The video was shown to all upper-grade students as part of the school's strategy to promote inclusion and prevent bullying.

At Twain, we believe that strangers are just friends waiting to happen!



Washington Middle School

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



Roshann Williams
Principal

Building Relationships with Parents

By Eli Lund, MA-EL TOSA

A big welcome to Dr. Williams, our new principal, and our new counselor, Ms. Hernandez. They both joined our team in kicking off the new school year with multiple parent activities.

We started the new school year off on August 23rd with an orientation event to familiarize the parents of our sixth-grade students with the Washington Way. The parents were also invited to a Parent Appreciation Day on September 20th. Here they enjoyed breakfast treats and coffee, and mingled with members of the Washington Staff.

After our get-together, the parents then proceeded to the auditorium to learn how to support their children in academic achievement. We reviewed High School Readiness Criteria, the impact of the average GPA on high

school placement, and the importance of daily attendance on a student's academic career.

On our Back to School Night on September 24th, the parents also received their child's syllabi and enjoyed the unveiling of a community mural spearheaded by the Arts Council.



Dr. Costa, Assistant Principal; Ms. Lund, EL TOSA; Dr. Williams, Principal; Ms. Hernandez, Counselor and Mr. Galbreath, Assistant Principal

Whittier Elementary

1761 Walnut Ave., Long Beach, CA 90813 • 562/599-6263 • whittier-lbusd-ca.schoolloop.com



Damon Jespersen
Principal

The Whittier Way

By Charo Darwin Glomah,
Assistant Principal

At Whittier Elementary School, we want every student to know that he or she matters—and we want them to feel it, too! We believe that all students can achieve at high levels, and we have a responsibility for their success. This is why we begin and end every day with class meetings.

During the morning meeting, teachers focus on social-emotional learning and developing students as self-managers. This designated time give our scholars the opportunity to greet one another in unique ways, share information about themselves, participate in a “harmony” activity, and read a special message created by their teacher. Students end the day with a closing meeting, giving them an opportunity to reflect on their self-management efforts throughout the day.

These meetings are key to cultivating caring relationships, which help all Whittier scholars achieve academically and learn about themselves in the process.



They foster a safe learning environment where our unique and diverse backgrounds are valued and trust and respect for ourselves and our campus are encouraged.

We are so proud to call this practice the Whittier Way!

Wilson Classical High School

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



Kimberly Holland
Principal

Pathway Student Ambassadors

Introducing Wilson’s Pathway Student Ambassadors! This highly motivated, energetic and impressive group of students will serve as the face of our pathways. The Wilson High School Student Ambassador Program is designed to train and develop student leaders in supporting and sustaining the LBUSD Linked Learning Initiative. Our Ambassadors serve the school by raising

awareness of our various pathways among businesses, other outside organizations, parents and prospective pathway students as well as within the school community.

Pathway Ambassadors are junior students who serves as a liaison both on and off campus. These students are exemplary representatives of their pathway. Next year, the program will expand to include both juniors and seniors.

Wilson’s Pathway Ambassadors are currently preparing their presentations for potential students and parents at the LBUSD’s High School Choice Fair on Oct. 9 and Nov. 2. They will also serve as pathway representatives at Wilson’s Site Night on Nov. 21. When these students aren’t busy preparing for district and site events, they

are tapping into their creativity and designing school events such as dances, career nights and pathway club events.

Reaching out to middle school students and offering a pathway “experience” is also a focus of our Pathway Ambassadors. Students are in the process of creating pathway-specific workshops in which they will host middle school students to offer a hands-on pathway experience. Their goal is to go deeper than informative outreach by providing an experiential element led by the Student Ambassadors.

Wilson’s Pathway Ambassadors are off to a strong start and remind us every day that it’s a great day to be a Bruin!



Pathway Student Ambassadors

Tara's Review



Tara Z.

Eye-opening, Transcending, and Lovely

Five Feet Apart

by Rachel Lippencott is one of those wonderful coming of age novels, that will leave you smiling, laughing, or shedding a tear or two at one point or another. The story follows the life of Stella



Grant, a cystic fibrosis patient who is on the brink of becoming 18. Stella is the epitome of order, and her life, like that of many other CF patients, depends on a mixture of factors, but one of the most important is following a medical regime, filled with meticulous patterns of med dosages and activities. For Stella, following her regime, means keeping her shattered family together. However, when Will, another 17-year-old CF patient, arrives at Saint Grace's Hospital, things change for both young CFers, and for once in their lives, they have come to the realization that they will not let cystic fibrosis take away everything they have got.

Tara Z. is a tenth grader. She loves painting, reading, and writing about art and books. She hopes to study medicine and travel through all the world's continents.

Isabella's Book Review



Isabella A.

Tests Your Imagination

The Magician's Nephew

by C.S Lewis is about Polly, Digory, and Andrew. Andrew makes gold rings that take you to other worlds, and green ones that bring you back. Polly touches the gold one and Digory follows. On



their way back, they encounter a witch who destroys her world and hitch-hikes back with them. In London, Andrew becomes her slave and the witch causes chaos. They get the witch into what they thought was her world, only to find the world is becoming Narnia. Narnia has talking animals and the witch flees north. The lion in charge gives the cabbie man and his wife a special job, while Digory and Polly search for a cure for Digory's mother.

What will become of Narnia and the outsiders?

I rate this book 5 stars because of the excitement and how it makes the reader (no matter how old) use their imagination.

Isabella is a 7th grader and just published her first short story in a school anthology of young authors after winning first prize with her work. She rates books on a 5 star scale.



Note-ables



Kate Karp

'Can You Feel It?'

Can You Feel It? is a collection of original songs about natural science, played simply and organically. Banjo, bass, steel guitar,

drums and keyboard blend with Jessa Campbell's lilting voice as she sings to both young people and adults about sun and shadow, a salmon's circular journey from birth to spawning adulthood, burrowing mammals, fractals...

Wait—*fractals?*

Yes, fractals. And alevins, bract, trillium and frass. *Can You Feel It?* doesn't play cute with science. The selections enchantingly introduce science vocabulary without being didactic or windy. They sneak up on anthropomorphism but don't diminish or trivialize the concepts through fantasy. "Waltz of the Trillium and Ant," for instance, encapsulates the natural partnership of flower structure, ant colonies, pollination and germination in a waltz melody. It's like a fairy tale, but the sprites are unarguably real. "Mole in the Ground," written in the Appalachian mountain tune manner, speeds up or slows down each verse depending on the pace of each animal.

The title song has a silent tone and focuses on feeling instead of sound. The listener can feel the waves as the salmon roll from freshwater to saltwater and back, changing from alevin to smolt to adult. The bouncy "T-Rex in the Forest" begs to be acted out by children who'll enjoy snoring like a prehistoric reptile. "How I Love You, Sun" is a worthy love song to the star that gives light, energy and life to everything on Earth.

How Campbell manages to pack so many ideas about each topic into every song without cramming it all in is a marvel, like her subjects themselves.

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





Free After School Program Park Sites ages 5-12





What is Your Child Doing After School?


Long Beach Parks, Recreation and Marine offers activities Monday through Friday in every neighborhood. Programs include enrichment programs, games, arts and crafts, tournaments, homework assistance, holiday celebrations and more. Visit: <https://bit.ly/1Neoc8o> for program schedules and descriptions.





Park Locations and Hours*


 **Admiral Kidd Park**
2125 Santa Fe Ave.


 **Bixby Park**
130 Cherry Ave.


 **Chavez Park**
401 Golden Ave.


 **Coolidge Park**
352 Neece Ave.


 **Drake Park**
951 Maine Ave.


 **Houghton Park**
temporarily located at
Scherer Park
4600 Long Beach Blvd.


 **Mac Arthur Park**
1321 Anaheim St.


 **McBride Park**
1550 M.L. King Jr. Blvd.


 **M.L. King Jr. Park**
1950 Lemon Ave.


 **Orizaba Park**
1435 Orizaba Ave.


 **Pan American Park**
5157 Centralia St.


 **Ramona Park**
3301 E. 65th St.


 **Seaside Park**
1401 Chestnut Ave.


 **Silverado Park**
1545 W. 31st St.

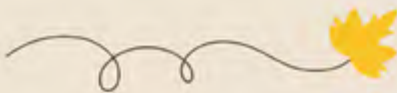
 **Somerset Park**
1500 E. Carson St.

 **Stearns Champions Park**
4520 E. 23rd St.

 **Veterans Park**
101 E. 28th St.

 **Wardlow Park**
3457 Stanbridge Ave.

 **Whaley Park**
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***Park locations and times are subject to change**



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Richard's Book Review



Richard J.

Finding the Right Way of Doing Things

Big Nate Flips Out
by Lincoln Peirce

Nate is a 6th grader, known by everybody for his sarcasm and sloppiness. A lot of things happen with Nate and his friends. The main thing is that Nate and his friend Francis are participating in putting together a school yearbook, but things do not go easy. Another student Gina, also involved in this project, hates to work with Nate, because he's messy and irresponsible. One problem after another, and Nate runs out of patience and excuses for himself. He takes a drastic step and asks a hypnotist to hypnotize him to become neat and responsible. But does it work and does he and his friends like it? You'll have to read the book to find out.

I enjoyed this book; it is funny and relatable. Half of the book are comics, which are fun to read. I rate this book 5 out of 5 stars.

Richard is a curious 5th grader. His favorite subjects are math and P.E. He likes to play sports with his friends, read funny books and watch nature documentaries. He likes writing book reviews because he hopes they will interest other kids to read these books.



Christina's Book Review



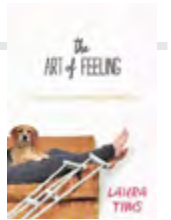
Christina J.

We All Feel Things

The Art of Feeling
by Laura Tims

Samantha (Sam) is in high school, on crutches and in pain everyday after her leg got injured in a car accident. Tragically, Sam's mother perished in the accident, and Sam struggles to come to terms with that. Sam meets a new student Elliot, who has a very unusual illness - he can't feel physical pain. The two somehow become friends, and little by little they start to fill the voids in each other's lives. Sam is curious how it might be to go through life without feeling the physical pain, but finds out that not all pain is physical. While all characters must deal with their problems, real and imaginary, they all discover and rediscover friendships, support and understanding in each other. Most importantly, Sam is helped to remember the driver of the other car, which caused the tragic accident. One of the highlights of the book, in my opinion, is what Sam chooses to do with this vital information. This is a great book, which I enjoyed reading. I give this book 5 out of 5 stars.

Christina is in 10th grade. She is an avid reader, who enjoys a good book on adventure, mystery or action. She is a hard-working student, her favorite subjects are Spanish and AFJROTC. She likes to help animals and take care of them. Christina is a young author. In 5th grade she wrote a book *Melody's Stories: I Am a Spy Now* (Studenttreasures Publishing, PIN #3582798).



Puppets Help Kids Cope

By Linda Drummond, Marketing Chairman

Assistance League® of Long Beach member volunteers present free Kids on the Block puppet programs to K-4th grade students in Long Beach schools. Members use child-size puppets to help students deal with common problems like bullying and provide solutions using positive actions, such as “words not fists.” Students learn methods to diffuse anger and prevent violence. Puppets let children know they’re not alone and it’s OK to talk to a trusted adult.



Shows, presented in classrooms or auditorium, usually last 20-30 minutes. Current programs are Rescue or Report (K-1st), Bullying and School Safety 2nd-3rd), Alternative Responses to Bullying (4th), and Anything You Can Do (4th).

For more information, call Assistance League of Long Beach at 562-627-5650.

Billie Jean King Library

By Pam Carlson, Acting Senior Librarian

The new Main Library, now known as the Billie Jean King Main Library, opened on September 21. Billie Jean King is a Long Beach native, former World Number 1 professional tennis player and champion for equal rights for women and the LGBTQ+ community. Following the unanimous vote by the City Council, she responded “I’ve traveled the world, but Long Beach, California will always be home. I am humbled and grateful beyond words for this honor. Thank you.”

The first Long Beach library was founded in 1896 in a room adjoining the City Council office. The new library is 92,500 square feet. There is a dedicated early literacy space and Studio Jr. for STEAM events. The Family Learning Center is three times the size of the former center.

Offerings for families include preschool, sensory and bilingual story times, Libros y Leyendas for older students, classes in computer coding and robotics, sewing, crafts, Manos a La Obra (folk art of the Americas) and Book Tasters (sampling favorite authors).

Come explore, discover and, of course, READ with us!

Main Library 101 Pacific Ave., Long Beach, CA 90822 • 562/570-7500
www.longbeach.gov/library



History Depot

American Highways System at 100

This year one hundred years ago, the U.S. Army set out to cross the country in 62 days—a trip that would change the face of America. The convoy was composed of 81 vehicles, 24 officers, 258 enlisted men and one last-minute member that joined in Maryland. That member was Lt. Col. Dwight D. Eisenhower, who saw the trip as a lark. The trip was from Washington, D.C., to Oakland, California—a distance of 3,251 miles.

The trip was a local celebration as it moved across the country. Cheering crowds would meet the convoy in cities, and in Ohio, the police escorted the convoy across the state. Then, in Wyoming, the men were invited to a dance. It was here that Ike played a joke on the troops that almost backfired on him. Ike told the troops that the convoy was vulnerable to Native Americans and posted sentinels. Then Ike and a few others made yelps in the dark. A rifle was discharged during the night. A message of a raid on the convoy by Native Americans was being readied to be sent

to Washington. Ike stopped the message before it was sent, thus preventing a major political crisis.

The convoy averaged six mile per day, slowed by weather and poor road conditions. The trip in Ike’s report stated that 88 bridges were damaged and there were 230 road accidents. Furthermore, Ike said that transcontinental movement for the military was impractical until the roads were improved.

Later, during World War II, General Eisenhower viewed the German Autobahn and change his view of a two-lane road system to a wider road system. His experiences on the road trip and World War II helped shape his view on the need of American highways. As president, he signed the Interstate Highway Act in 1956, creating 46,100 miles of interstate roads. Route 66 and other roads would be replaced by the Dwight D. Eisenhower National System of Interstate and Defense Highways.

D.H.Coop is a retired fire/paramedic and retired teacher having taught IB and AP World History 30 years. He continues to substitute, tutor and consult. www.HistoryDepot.com



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