School 32ems Education + Communication = A Better Nation Covering the Paramount Unified School District



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Chromebook Distribution Day at Gaines School





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Governing Board



Linda Garcia Member



Vivian Hansen Member



Sonia De Leon Member

Superintendent

The new school year has gotten off to a tremendous beginning, filled with new and exciting classroom instruction and an attention to detail that has allowed us to hit the ground running. I would like to welcome all of our new District team members who have joined us this year.

In our commitment to providing our children access to technology, this year we are providing every student in grades 3-12 with a personal device. Our educators and staff have done exceptional work in implementing new laptops and devices to each school site as we realize a District goal of inspiring 21st Century scholars.

At Paramount High School, we have launched Startup Tech, a Career Technical Education pathway that prepares students to become entrepreneurs while teaching the basics of computer coding. This is a particularly exciting pathway that we feel will better prepare our young people to thrive in today's society.

As we continue to focus on preparing students for success in college and career, many of our elementary schools are championing higher education each week through College Day, a day when students and staff wear their favorite college apparel and discuss universities. This is a great way to sow the seeds of college into our children at an early age.

Thank you for your commitment to the children of this community. Let us continue to shape Paramount's future leaders.





Kay Coop Founder/Publisher



Welcome to a new school year and thank you for including School News in your reading choices. By now students are settled into their routines. Superintendent Dr. Ruth Pérez begins this issue with her positive message on page 2.

In this issue you will read about an STEM, AVID, motivating students to challenge themselves, Project Based Learning, WEB program, and much more. It is a great time to be a student in Paramount Unified School District.

Our next issue is May 6, 2020.



Dr. Ruth Pérez

El nuevo año escolar ha tenido un gran comienzo, lleno de nuevas y emocionantes instrucciones en el salón de clases y una atención al detalle que nos ha permitido arrancar a toda velocidad. Me gustaría dar la bienvenida a todos los nuevos miembros del equipo del Distrito que se han unido a nosotros este año.

En nuestro compromiso de proporcionar a nuestros estudiantes acceso a la tecnología, este año les estamos proporcionado a cada estudiante en

los grados 30-120 con una computadora personal. Nuestros educadores y personal han hecho un trabajo excepcional en la implementación de nuevas computadoras portátiles y dispositivos en cada escuela a medida que realizamos el objetivo del Distrito de inspirar a los eruditos del siglo XXI.

En la Preparatoria Paramount, hemos lanzado Startup Tech, una vía de Educación Profesional y Técnica que prepara a los estudiantes para convertirse en empresarios mientras que les enseña los conceptos básicos de la codificación informática. Este es una vía particularmente emocionante que sentimos que preparará mejor a nuestros jóvenes para prosperar en la sociedad actual.

A medida que continuamos enfocándonos en preparar a los estudiantes para el éxito en el colegio y carrera, muchas de nuestras escuelas primarias están abogando por la educación superior cada semana mediante el Día del Colegio, un día en el cual los estudiantes y el personal se ponen sus prendas de colegio favoritas y platican sobre las universidades. Esta es una excelente manera de sembrar las semillas del colegio en nuestros niños a una edad temprana.

Gracias por su compromiso con los niños de esta comunidad. Sigamos dando forma a los futuros líderes de Paramount.



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Early Childhood Education Program

7340 E. Jackson St., Paramount, CA 90723 • 562/602-6900 • www.paramount.k12.ca.us

Rita Cruz, Director

An Inclusion Classroom

This school year marks the beginning of a preschool inclusion classroom which is located on the campus of Wirtz School.

An inclusion classroom is where a general education teacher and a special education teacher work together to meet the needs of all students. The term inclusion refers to



Preschoolers engage in discussion about shapes and objects they create at the playdough center.

the classroom setting that allows students with special needs to interact and develop with their general education peers.

A committee identified some advantages of having an inclusion classroom. The classroom



Music is fun! Students enjoy exploring sound and rhythm with instruments.

provides students with a sense of belonging and opportunities for positive peer modeling. In addition, students are exposed to a developmentally appropriate curriculum which can support language development.

Ultimately, this mixed grouping of students allows for an acceptance of all students by providing them a safe and nurturing learning environment that appreciates their strengths and talents.

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Alondra Middle School

16200 S. Downey Ave., Paramount, CA 90723 • 562/602-8004 • alondra.pusdschools.net



Carolynn Butler Principal

Where Everybody Belongs!

We are excited to announce that WEB is back at Alondra Middle School (AMS) for a second year! WEB stands for "Where Everybody Belongs", and our

student leaders who applied and were selected for the program, truly embody this idea.

In preparation for Orientation in August, 40 student leaders sacrificed two days of their summer in order to plan activities and become comfortable in their new roles on campus. As part of the orientation process, our leaders worked with small groups

throughout the day and gave tours of the campus to ease the transition for our incoming sixth graders. Anthony Collazo, a WEB Leader said, "I like working as a team



Our 6th graders learning that Teamwork Makes the Dream Work

with both eighth graders and sixth graders, and most importantly, I like having fun with everyone!"

The future of student leadership is looking bright at Alondra!



Buena Vista High School

3717 Michelson St., Lakewood, CA 90712 • 562/602-8090 • bv.pusdschools.net



Morrie Kosareff Principal

An Individualized Approach

The 2019-2020 school year has gotten off to a great start at Buena Vista High School! We are offering our students multiple ways to catch up on their credits to not only graduate, but to graduate on time.

We have transitioned to a quarter system for earning credits. Students are enrolled

into four academic classes plus an Advisory period allowing them the opportunity to earn 22.5 credits every quarter, or 90 credits during the school year. In addition to our regular program, Buena Vista High School offers our students additional opportunities to earn credits through Edgenuity and after school courses through Compton College and CalAPS

Working with Compton College, students are able to enroll in Theatre Appreciation and Introduction to Film courses. These courses allow students to earn both high school and college credits for successful completion of the class. Students participating in the

CalAPS program have a wide range of CTE courses to choose from, including, but not limited to Firefighting, Law Enforcement, Construction, Health Care, and Cyber Security. Students are able to earn 10 credits for every class completed. Students are also using Edgenuity, our online learning partner, to earn additional credits. Using a

Working with Compton College, students are able to enroll in Theatre Appreciation and Introduction to Film courses. These courses allow students to earn both high school and college credits for successful completion of the class.

one to one approach, we pride ourselves in providing an individualized approach to counseling and instruction for every student.

Another big part

of our individualized approach is the work we are doing through our College & Career Center. Students work to develop a plan that leads them to graduation and then takes them beyond into the world of College & Career. Using Naviance, students search for information and develop their very own College and Career plan. Buena Vista students are attending job fairs, touring local college campuses as well as trade schools and local industries, all through the College and Career Center.







Attention Paramount Unified School District Class of 2020!

ENROLLMENT FEES* PAID

Enrollment fees for the first two years will be paid for eligible full-time students who enroll in the COMPTON COLLEGE PROMISE PROGRAM.

To be eligible, Paramount Unified School District high school students must complete the Steps to Enrollment and complete a **COMPTON COLLEGE PROMISE** application by May 8, 2020.

COMPTON COLLEGE PROMISE students receive priority registration, access to Summer Bridge classes, and additional support through student success programs and services.

*\$46/unit enrollment fees additional fees are required. Oliver W. Conner College Promise students are required to enroll in a minimum of 12 units per primary term

For more information, go online: www.compton.edu/student/comptonpromise







Collins Elementary

6125 Coke Ave., Long Beach, CA 90805 • 562/602-8008 • collins.pusdschools.net



Theresa Diaz Principal

We are Capturing Kids' Hearts

At Captain Raymond Collins School we are Capturing Kids' Hearts! Our hardworking teachers and staff attended a two-day training this summer conducted by the Flippen Group called "Capturing Kids' Hearts." Our campus educators learned specific social-emotional learning techniques and classroom facilitation tools that will continue to build our positive school climate and relational capacity with our students and one another.

Our staff, and each class, began the school year by creating "Social Contracts" to establish collaborative agreements of behavior in our school and in every classroom. These social contracts hold students and adults

accountable for building a supportive and encouraging learning environment for all.

Our faculty members have committed to utilizing the processes and techniques of the program by modeling desired behaviors and holding one another accountable for living it out and making it happen. At the door of every classroom, you will see teachers and students greeting and welcoming each other. And, you will see students starting their days by sharing "Good Things" and writing encouraging words to one another at "Affirmation Stations."

At Collins School, we are looking forward to an incredible year of academic and social growth. We are committed to building a school culture that is relationshipcentered and that tends to the social-emotional needs of our students and educators. We value and love our students, and we will continue to capture our kids' hearts.

Gaines Elementary

7340 E. Jackson St., Paramount, CA 90723 • 562/602-8012 • gaines.pusdschools.net



Karen Sullivan Principal

AVID Elementary Arrives

Gaines Grizzlies are excited to be part of the AVID (Advancement Via Individual Determination) Elementary program. AVID provides research-based strategies to support rigorous, student-centered learning as part of Paramount Unified School District's commitment to prepare all students for success in college and career goals. Third grade students started the year practicing scholarly habits and organizing

for success. Through the AVID program, students build academic habits to prepare them for the challenges ahead.

The AVID program is a welcome addition to our college-going culture. Students from Kindergarten through third grade know the importance of a growth mindset in lifelong learning. College boards and college shirt days remind students that they can follow their dreams to have whatever profession they desire. Our students are determined to advance, and we are determined to support them to reach their goals.



Third Grade Grizzlies Share their Scholarly Spirit for the AVID Program

WELCOME BACK TO SCHOOL

Hollydale K-8

5511 Century Blvd., South Gate, CA 90280 • 562/602-8016 hollydale.pusdschools.net

Lisa Nunley-Macon Principal

Leveling Up through Technology

At Hollydale, we are moving all of our students to the next level by using gaming to close learning gaps and motivate students to challenge themselves.

We can do this because all our thirdthrough eighth-graders have Chromebooks, and Kindergarten through second-graders have access to computer carts in their

> classrooms. We are using many web-based programs as fun and exciting ways for students to learn state standards, while earning badges, prizes, and awards, as they move up levels.

The use of technology is now a routine for our 21st Century learners, and a fun and innovative way to engage our students as they level up!

Jefferson Elementary

8600 Jefferson St., Paramount, CA 90723 • 562/602-8024 jefferson.pusdschools.net



Kelly Williams Principal

We Have Avid-tude!

Both the fourth and fifth grade students at Jefferson continue to excel using the structure and strategies that AVID provides.

This year we have added our third graders to the fun! After careful consideration, our site team decided that third grade would focus on the organization component of AVID Elementary. Our third graders have been doing a great job of incorporating

these organizational strategies into their daily and nightly routines. Students have their own AVID binders and planners that are completed daily, including a DLIQ that helps promote a "best practice" of self-reflection based on work or an activity they have experienced that day in the classroom.



Student AVID binder and planner

By providing our third grade students with the tools to be organized, we feel that we are laving the foundation that all students need in order to be successful in their future endeavors.

Jackson Middle School

7220 E. Jackson St., Paramount, CA 90723 • 562/602-8020 • jackson.pusdschools.net



Kelly Anderson Principal

The Knights' New Quest

At Jackson, all middle school students are now enrolled in our Advisory Pilot Program, which is designed to build positive relationships, strengthen connectedness, and ensure every student has at least one adult getting to know them well. Our goal is to work with students to ensure that both their academic and social-emotional needs are being met.



6th graders are building relationships through Restorative Circles



The Knights were challenged to build the highest card tower based on what they have in common

During Advisory, students meet in small groups with their mentor to address school-wide academic success strategies, including AVID organizational skills, goalsetting, and reflection. Relationship-building activities, such as affirmations and restorative circles, are also incorporated to assist students in connecting with staff and their peers.

Eighth grader Sa'Nai Terry states, "Advisory gets us started for the day and helps ensure I have everything I need. I've enjoyed getting to know other students better. I think we should have started Advisory a long time ago."

Keppel Elementary

6630 Mark Keppel St., Paramount, CA 90723 • 562/602-8028 • keppel.pusdschools.net



Michael Naruko Principal

Welcome Back

My name is Michael Naruko. As the new principal of Mark Keppel Elementary School, I would like to welcome you to the 2019-20 school

At Keppel, we look forward to building a strong relationship with the families that make up this wonderful community. Through

communication, collaboration, and cooperation, we will ensure that every student is successful.

This year, we kicked off the school year by taking two hundred students, parents, and staff members to a Los Angeles Dodgers game sponsored by the Dodgers organization. Keppel families enjoyed the free hotdog and soda as they watched the Dodgers defeat the Colorado Rockies. Third grade student Ricardo Ibarra stated, "It was fun to be at the game with so many Keppel friends." Through teamwork, we believe that we are heading into a great season for the LA Dodgers and Keppel Pumas.



It's time for Dodger Baseball for Keppel students!"

Los Cerritos Elementary

14626 Gundry Ave., Paramount, CA 90723 • 562/602-8040 • loscerritos.pusdschools.net



Hilda Mapp Principal

Opening Day

Smiles all around as students and parents were welcomed back to school by Los Cerritos teachers and staff on August 21, 2019.

Excitement was felt as parents walked onto campus with their children to take memorable photos to share with their families. Enthusiastic voices were heard



Students pose for a quick welcome back picture to begin the new school year.

throughout the playground from students eager to see many of their classmates and teachers. Alexander exclaimed, "I couldn't wait to see my friends and meet my fourth-grade teacher today!" Students were greeted by their wonderful teachers who were ready to inspire and create a love for learning.

From welcome back hugs, to cheerful grins, it was evident that all were set to commence the 2019-2020 school year at Los Cerritos. #WEAREPUSD



The "Fourth Grade Squad" ready to meet their students on opening day.

Lincoln Elementary

15324 S. California Ave., Paramount, CA 90723 • 562/602-8036 • lincoln.pusdschools.net



Dr. Topekia **Jones** Principal

Coffee with the Principal

During the second week of school, Lincoln hosted a Coffee with the Principal event to welcome new families and connect with the existing families. The purpose of Coffee with the Principal, which will be held three times this year, is to keep open communication between school and home. The principal will use the time to update parents on the school's goals and progress towards meeting the goals. Parents will also have an

opportunity to ask questions and/or provide feedback on

ways to make the school experience better for students.

At the first meeting, the principal introduced support staff members, explained the various ways parents can be involved in the school, and updated parents on the new exciting things happening this year. The room was full of excited parents looking for opportunities to do their part in helping to make Lincoln School a great place to learn! Research shows that one of the best predictors of student school success in the extent to which families involve themselves in their child's education. Based on the level of participation from the first Coffee with the Principal event, I think Lincoln School is off to a great start!

Mokler Elementary

8571 E. Flower St., Paramount, CA 90723 • 562/602-8044 • mokler.pusdschools.net



Linh Roberts Principal

We are AVID

We are AVID. The fourth and fifth grade students and teachers are embarking on our second year of AVID Implementation.

What is AVID? AVID stands for Achievement Via Individual Determination and is much more than a college and career preparation program. AVID strategies provide our elementary students with the skills and strategies necessary to be successful in school

and beyond. Students are taught to use organizational tools such as binders, agendas and note-taking strategies to develop work habits that will support them as they continue their journey towards higher education. Classrooms highlight a college- going culture, with daily lessons that provide students opportunities to engage in collaborative conversations to find solutions to inquiry questions.

Over 60 parents attended our first parent meeting, and we look forward to continuing our partnership with parents as we work together to share ideas.



Fourth grade students engaging in a collaborative discussion.

Odyssey STEM Academy

3701 Michelson Street, Lakewood, CA 90712 • 562/602-8032 • odvssev.pusdschools.net



Keith Nuthall Principal

This Just Might Save Us

Improving people's well-being continues to be a learning focus at Odyssey STEM Academy. Sophomore scholars began a new journey this year, exploring local, national, and worldwide environmental sustainability. Our scholars' vision for change promotes prosperity, individual and community wellbeing, and protection of the environment. Immersed in an inquiry-driven learning

space, Odyssey scholars engage their STEM skills to tackle real problems and exercise their social skills to share their findings with the world.

Creating a sustainable world is humanity's greatest challenge and designing an empowering education for everyone is how we make that happen. We must break free from an industrial revolution mindset that offers an assembly line approach to education. There is an important coupling that exists between worldwide environmental and educational sustainability. Just like sustainable living plays an essential role in counteracting sea-level rise and extreme weather patterns, an inclusive, high-quality education for all equips future leaders with the knowledge, skills, and know-how to invent and tackle our world's greatest problems. It is courage that allows us to explore. To push forward. The future is now.

Paramount Adult School / Community Day School

14507 Paramount Blvd., Paramount, CA 90723 • 562/602-8080 • pas.pusdschools.net



Dr. Yvonne Rodriguez Principal

Cosmetology Class

Last Spring, Paramount Adult School (PAS) hosted the first semester of Cosmetology in partnership with Compton Community College. There was a high interest from the community which resulted in having over 100 potential students attend the initial orientation. Twenty students took advantage and enrolled in Cosmetology for the Spring Semester.

Twenty percent of the cosmetology students enrolled were also ESL students at PAS. One sixty-year-old student, Maria, never imagined she would be attending college. Maria faced several barriers enrolling in college including, limited English, lack of transportation, and unfamiliar with the enrollment process from adult school to college. However, Maria was determined to enroll in the Cosmetology Program. PAS assisted her by providing support from teachers as well as the counselor. Her excellent academic performance and determination in the first semester allowed her to continue onto the second semester and will lead her to work in her sister's beauty salon.



Paramount Park Middle School

14608 Paramount Blvd., Paramount, CA 90723 • 562/602-8052 • paramountpark.pusdschools.net



Kevin Longworth Principal

Launch of WEB Program

"Where Everyone Belongs," WEB, is a program that connects every 6th grader to an 8th grade WEB Leader. At Paramount Park Middle School, WEB leaders were selected, and began their training last spring. This summer they experienced an intensive twoday training in advance of the WEB kickoff, a celebration to welcome all incoming 6th

graders. Forty WEB leaders and about 150 sixth graders gathered on the last Friday before school started to learn about how to be successful in school, as well as to have some fun. Both groups of students, and the school, will enjoy the benefits of this program.

"I love that it allows students who normally don't have leadership roles the opportunity to be leaders at school," said Mrs. Cabrera, program coordinator.

Activities to strengthen the Panther school community will take place throughout the year.



Ms. Culhane works with WEB

Paramount High School - Senior Campus

14429 S. Downey Ave., Paramount, CA 90723 • 562/602-6067 • phs.pusdschools.net



Christiana Kraus Principal

Project Based Learning (PBL)

Paramount HS launched 3 PBL cohorts at the start of the school year. PBL includes a dynamic student-centered pedagogy designed for students to engage in standards-based content while using critical thinking, problem solving, communication, project management and collaboration skills to gain deeper knowledge through active exploration of real-world challenges.

Our cohort of juniors is currently enrolled in US History and Advanced Graphic Design. Sophomore students in the Media Arts cohort share Language Arts, World History and Film and Video Production 1 classes. Another sophomore cohort includes Chemistry, Health Career Academy (HCA) Foundation and Language Arts classes in common. Students enrolled in the HCA cohort just launched a new project that links concepts from all three classes to create a studentdesigned project that will educate peers about nutritional planning which will include concepts learned about the digestive system, calorie labs, hands-on field trips and more.



HCA PBL students work together to solve problems in an standards-based escape room challenge.

Paramount High School - West Campus

14708 Paramount Blvd., Paramount, CA 90723 • 562/602-8073 • phswest.pusdschools.net



Elizabeth Salcido Principal

A Treasure Chest of Essentials

Many students face barriers that can inhibit their daily learning. PHS West's School Social Worker, Lucy Duran, decided to address this issue and set up a Donors Choose

project to fill her Pirate Treasure Chest with everyday essentials. "Some of the students' basic needs are not being met and it is very hard to focus on academics when you are hungry, cold, or are experiencing challenges outside the classroom,"

Mrs. Duran shared. Donors Choose is an organization that allows the public to pledge funds to worthy causes and, in the end, match the funds donated. Mrs. Duran's project raised \$1000 and filled the Pirate Treasure Chest with socks, umbrellas, backpacks, deodorant, shampoo, and snacks. By making



Students help unbox the essentials.

these items readily available, students can get what they need and concentrate on their studies.

Mrs. Duran and her everyday essentials are truly a treasure to Paramount High School West.

Roosevelt Elementary

13451 Merkel Ave., Paramount, CA 90723 • 562/602-8056 • roosevelt.pusdschools.net



Margie Domino Principal

Roughriders Strive for Less Than Five

On September 3, Roosevelt school kicked off Attendance Awareness Month. Attendance Awareness Month gives our school community the opportunity to raise awareness about coming to school on time every day. Showing up for school has a

huge impact on a student's academic success, starting as early as Transitional Kindergarten and continuing through high school.



This year at Roosevelt, we want students to Strive for Less Than 5 Days Absent. Activities that promote good attendance during the month of September have been planned. These activities include a daily Rise and Shine Raffle, an Attendance Awareness Month poster contest, and grade-level and school-wide attendance challenges. We will end the month with an attendance spirit week. Roosevelt students are in CHARGE of their attendance and the choices they make each and every day!

Tanner Elementary

7210 Rosecrans Ave., Paramount, CA 90723 • 562/602-8060 tanner.pusdschools.net

Holly Hennessy Principal

Let's Make a Difference Together

Here at Tanner, we know that instruction and instructional practices inside the classroom are only part of the picture. It's the outside influences and the people at home, that are helping our students succeed.

Tanner provides many opportunities for staff, students and families to work and learn together. From activities in the classroom, to cultural celebrations, to family night events,

and on-campus activities, our goal is for all parents to have a chance to learn with their child.



Let's Learn together!

So far this year, parents have had a chance to learn about the upcoming year at Coffee with the Principal and Back to School Night. Kindergarten parents have participated in a special presentation, and a writing activity with their child. This is only the beginning. Our theme this year: Today a Reader, Tomorrow a Leader.

Wirtz Elementary

8535 Contreras St., Paramount, CA 90723 • 562/602-8068 • wirtz.pusdschools.net



Roxanne Allessandro Principal

Computing Wizards!

Wirtz Elementary School is thrilled to be able to continue the implementation of oneto-one devices in 3rd, 4th, and 5th grades. Teachers use technology to individualize learning through different applications and programs. Students log in to create goals, receive personalized instruction, and practice skills at their own pace. The students receive timely feedback that keeps them engaged and

> learning, as teachers monitor growth and offer support.

Computers in the classroom also help students build 21st Century skills. Students are learning how to use technology responsibly, while using the Chromebooks to collaborate, research. and conduct investigations. These abilities will ensure that students are prepared for college and career.

Through the active and dynamic use of technology, our Wirtz Wizards are poised for success!



4th grade students in Mr. Rasmussen's class are working on ST Math!

Zamboni Middle School

15733 Orange Ave., Paramount, CA 90723 • 562/602-8048 • zamboni.pusdschools.net



Sue Saikaly Principal

Together We Can Bridge the Gap

At Zamboni, the Wildcat Team strives for success for every student. As we begin the 2019-2020 school year, we are committed to working collaboratively to build a strong foundation to allow access for all, ensuring academic and social-emotional growth and

Our work with AVID, schoolwide, teaches students to utilize a variety of academic

strategies which promote growth through writing, inquiry, collaboration, organization, and reading (WICOR). Turnaround Arts provides students a connection to their academics and peers through participation in all aspects

of arts integration including visual and performing arts. Our students have shown phenomenal growth not only academically, but socially, as a result of their participation in this program. Safe and Civil, coupled with CHAMPS, provides a positive climate and structure, both in and outside the classroom, ensuring that expectations are clear, and students are set up for success each day. Building relational capacity supports students in their connection to school. CJSF, MESA, WEB, Femineers, Student Council, athletics, and a variety of lunch and after school activities, are the foundation for building relationships at Zamboni.

Working together, Zamboni staff continues to build the pillars that enable our students to cross the bridge to academic achievement and success.

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





Manhar's Book Review



Half Man Half Dog

Dog Man Unleashed is a great book. It is very humorous. The best thing about *Dog Man* is that it is very entertaining. Once you read it for a while you get addicted to it.



Manhar M.

My favorite characters are Petey and Dog

Man. I like them because they are very smart and witty. It is a great choice for someone who does not like to read. My favorite pages are the "flip-o-rama" pages that show animation. I also like how Dog Man fights against injustice.

Manhar M. is in First Grade. Manhar likes science, math, coding, traveling, hiking, reading about world news and spending time in building robots from Legos.

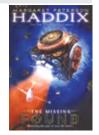
Ethan's Review



Ethan H.

Who Are They?

Found is the first book of the series *The Missing*. It is about two boys named Jonah and Chip who are regular kids in the 20th century. When Jonah and Chip start getting mysterious letters in



the mail, they set out on a quest for clues to

answer the question, "Who are we?" They discover many secrets and learn that people from the future are coming to get them. Will Jonah and Chip learn who they truly are before time catches up to them? I loved his book because it's full of surprises! I would recommend it to anyone who is interested in time travel and mysteries.

Ethan H. is a fourth grader. He likes science, reading, history and physical activities like soccer and basketball.

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.

Kailani's Review



Kailani T.

Finding Treasure

Unicorn Magic, the Hidden Treasure,

is 1 of the 4 books in Unicorn Magic chapter book series written by Jessica Burkhart.

Bella (the Princess of Crystal Kingdom) & Glimmer (her unicorn pet) travel together to hunt for a magical



crystal that is hidden deep inside Crystal Castle. If they don't find this hidden treasure in 1 week, Queen Fire (Bella's evil aunt) will take Glimmer away from Bella. The best friends go through the Dark Forest, the stables of the unicorns, and through the castle rooms. Glimmer uses her magical power to protect Bella through the journey. Bella doesn't have any magical power, but her love for Glimmer gave her the courage and strength to keep fighting/looking for the hidden crystal. Reading this book makes me feel like I'm on the adventurous journey with them. I gave this book 5/5 starts for bringing me through an exciting journey. I recommend this book for anyone who loves adventure, princesses, and unicorns.

Kailani is a 2nd grader. When not playing with or reading to her baby brother, Kailani enjoys coloring and drawing. Her favorite weekend activities are ballet, hula, and musical theater.

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

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:

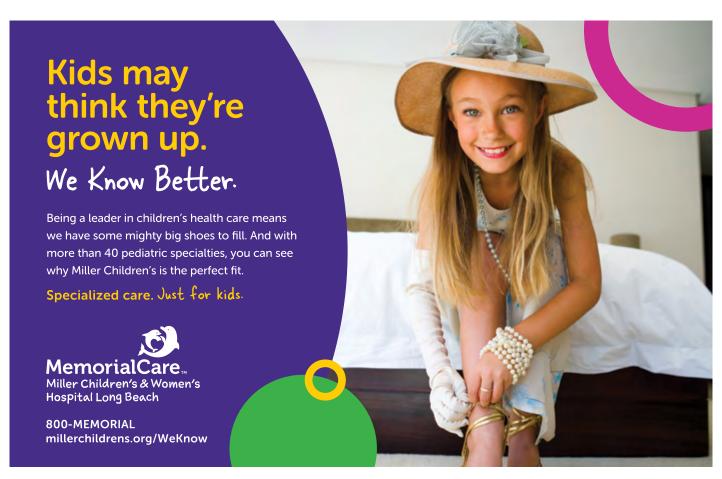
- Pre-existing health problems, such as diabetes, obesity or high blood pressure.
- Use of alcohol, illegal drugs or tobacco.
- The mother's age (younger than 17 or over 35).
- Multiple babies (i.e., twins or triplets).
- Multiple prior miscarriages.
- The baby being diagnosed with a genetic condition, 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 Laulhere 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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