

School News

Education + Communication = A Better Nation



Covering the Districts of: Centralia, Cypress, & Savanna

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Cypress Education Foundation – A Rich Past and Bright Future: The Difference Is You!

*By Beverly M. Hempstead,
Superintendent Cypress School District*

Over 100 years ago local citizens voted to form the Cypress School District, and in 1989, the Cypress Education Foundation was established to further support the high quality education we have always provided for the children of our community. Cypress Education Foundation (CEF) is a nonprofit public benefit corporation and is not organized for the private gain of any person, but for public and charitable purposes only. The Foundation operates under Articles of Incorporation and Bylaws, which allow the District to lease surplus property to the Foundation, as long as the use of the property benefits the District and serves a public purpose.

The mission of the Foundation is to promote and support the educational programs of the Cypress School District and its schools. CEF has accomplished this by leasing, managing, and developing surplus properties of the District, for programs that benefit both the District and the students it serves. These surplus properties are the result of declining student enrollment that resulted as schools were closed. The District understands that education is a community endeavor. Below is a review of the District's rich history of surplus property use for the benefit of the citizens of the City of Cypress:



Students engaged in group work in newly modernized computer lab

1973

- Cypress Community Center: Ten acres were determined surplus and sold to the City of Cypress.
- Evergreen Park: Over 12 acres were determined surplus, with five of those acres sold to the City of Cypress.

1985

- HUD senior citizen project: Almost two acres were declared surplus and sold to the Cypress Redevelopment Agency.

1989

- Cypress Senior Citizen Center: A little over two acres were declared surplus and sold to the Cypress Redevelopment Agency.

1996

- Cypress Park Senior Community: CEF entered into a limited partnership agreement to construct and operate a 124 unit apartment complex for independent living seniors, which currently operates at capacity, with a waiting list of applicants.

See CYPRESS EDUCATION • Page 6

Bullying Epidemic & Public Health Crisis



Dr. Al Mijares
Superintendent
Orange County
Dept. of Education

As educators, parents, and community members, we know that the goal of education must go beyond learning reading, writing, and mathematics. Teaching students basic human values such as honesty, kindness, respect, and compassion are essential to ensuring our children become morally responsible and productive citizens in an increasingly interconnected world. Children spend much of their young lives in classrooms. This time in school is an opportunity to explain and reinforce the core values upon which character develops. Schools are much better places for academic learning when they are civil and caring communities. The self-discipline that enables a child to behave in morally acceptable ways is also, what allows them to apply themselves to tasks such as homework and to concentrate in the classroom and at home.

Each day in America, approximately 160,000 students miss school because they are targets of bullying or not feeling safe at school. In the past bullying was considered a "rite of passage", today it is viewed as an epidemic and a public health problem. Youth who bully others are at an increased risk for violent behavior later in life, substance use, academic problems, and conviction of crime. Targeted individuals are at increased risk for anxiety, depression, sleep difficulties, and a negative impact on their academic achievement.

In many incidences, the word bullying is used to describe an event that in fact could be teasing, and it is important that educators and parents understand the difference. Bullying is aggressive behavior that is repetitive, intentional, and involves an imbalance of power. Teasing behaviors are often not intended, may be isolated, and center on a lack of awareness regarding potential outcomes.

Bullying among youths may take place in a variety of aggressive actions. The most common are physical, verbal, and psychological. Behaviors can include hitting, kicking, pushing, taunting, name-calling, threatening, rumor spreading, manipulation, exclusion, extortion, and intimidation. Girls are the primary offenders of verbal and psychological bullying, especially when it involves the cyber world.

There are potential characteristics and warning signs that youth who bully others and their targets may display. The child that bullies may have higher levels of conduct problems, display a positive attitude toward violence and a strong need to dominate, have a confident view of themselves, and little empathy toward the target. For the child who is the target of bullying behavior, warning signs could include, a drop in grades, lack of interest in school, refusal to go to school, complaints of stomachaches or headaches, and withdrawal from family.

See OC DEPT OF ED • Page 11

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Covering the
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Kay Coop
Founder/Publisher



Here we are ready for another school year. We hope you had a fun summer. This is one of our most popular issues when the principals share with you their bio's. It is interesting to read about where they graduated, their families, pets, hobbies and years in education. They all share the same focus and dedication to educating our youth.

Chalk boards have faded into our memories soon to be joined by smart boards and iPads as technology continues to evolve. Until then... Common Core is here!

Our next issue is November 6.

Miller Children's Hospital Long Beach

2801 Atlantic Ave., Long Beach, CA 90806 • 562/933-KIDS • MCHLB.org

Childhood Cancer, What You Need to Know



Amanda Termuhlen, MD
Medical Director
Jonathan Jaques
Children's
Cancer Center

Childhood cancer is rare. The odds of your child developing cancer by the age of 19, is approximately 1 in 330. Still, as a parent, you need to be aware. Cancers in children are often hard to recognize. The symptoms can overlap with common illnesses or injuries and cover the early signs of cancer.

- Childhood Cancer Signs and Symptoms:
- Continued, unexplained weight loss
- Headaches, often with early morning vomiting
- Increased swelling or persistent pain in bones, joints, back or legs
- Lump or mass, especially in the abdomen, neck, chest, pelvis or armpits
- Development of excessive bruising, bleeding or rash
- Constant infections
- A whitish color behind the pupil

- Nausea which persists or vomiting without nausea
- Constant tiredness or noticeable paleness
- Eye or vision changes which occur suddenly and persist
- Recurrent or persistent fevers of unknown origin

Make sure your child has regular medical check-ups and watch for any unusual signs or symptoms that don't go away. An early diagnosis is the best way for a child to beat a cancer diagnosis.

Tell your pediatrician if you are worried about any prolonged symptoms that your child has. Your child's doctor can work with you to assess your child's risk, by reviewing family medical history, a physical examination, or screenings.


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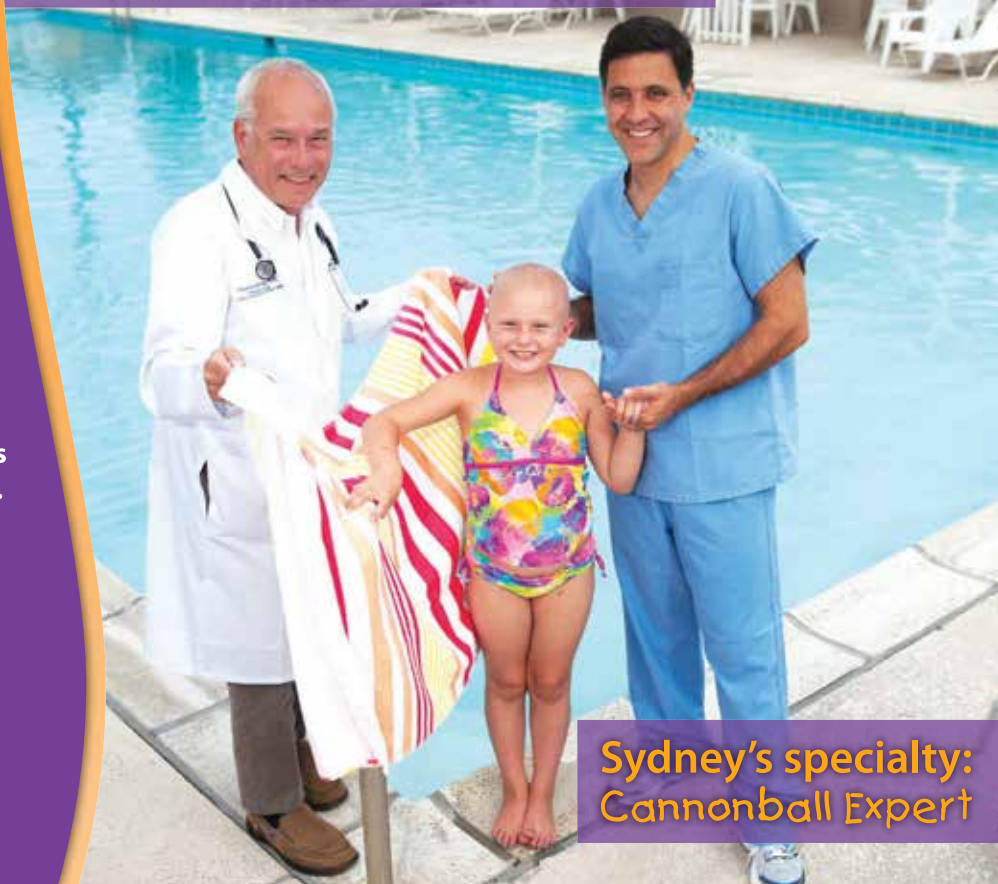
Doctors found a cancerous tumor around 8-year-old Sydney's spine. Dr. Theodore Zwerdling at the Jonathan Jaques Children's Cancer Center diagnosed Sydney with Langerhans cell sarcoma. He knew the answer: neurosurgeon Dr. Ramin Javahery, who removed the tumor and reconstructed her spine. Today, Sydney is back in the pool making a splash! *From tip-top head to itty bitty toes, Miller Children's is the leader in getting kids better.*

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Centralia School District

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SUPERINTENDENT



Dr. Diane Scheerhorn

Dr. Scheerhorn is entering her 44th year in education. She began her career as a teacher in the Fraser School District in Michigan, before accepting a job as a principal and later superintendent in Byron School District. She then went to the Gaylord School District, also in Michigan, as the superintendent before moving to South Lake Tahoe, where she served for four years. She began her career in the Centralia School District in 2004. Dr. Scheerhorn earned her bachelor's and master's degrees in education at Wayne State University and her specialist and doctorate in philosophy in K-12 educational administration from Michigan State University.

When asked what she is most proud of in her district, she named "the wonderful students, caring parents, supportive community and dedicated staff." In the past 10 years the district has experienced steady increases in student achievement. This year once again the district's achievement scores were higher than the average of all test scores in Orange County and the state of California, with Danbrook School achieving the highest gains in Orange County. Dr. Scheerhorn says she is very proud of the Professional Learning Communities within the Centralia School District.

Dr. Scheerhorn has served on numerous local and state educational committees and foundations and received the Americana Citizen of the Year Award for her service to community. Diane and her husband live in Oceanside and have one daughter, who is currently attending law school, and a son-in-law who live in Carlsbad.

Centralia *Elementary*

195 N. Western Ave., Anaheim, CA 92801 • 714/228-3210 • www.cesd.us



Richard Mojarro
Principal

Richard Mojarro has been an educator for twenty-nine years. He has had many wonderful experiences working as a classroom teacher, mentor teacher, program specialist and administrator in five school districts. Throughout his illustrious career, he has had the great pleasure of teaching students in kindergarten through twelfth grades. In addition, he has served as an elementary, middle, and high school principal for fifteen years. He also served students in Barcelona, Spain; Germany; and Kenya as a high school math teacher and administrative intern.

Mr. Mojarro graduated with a M.S. Ed. Degree from Pepperdine University. He also received a Bachelor degree from California State University at Long Beach. He completed post-graduate studies at University of California in Irvine and Stanford University. He is very fond of traveling, is a fervent reader, loves music, hiking and spending quality time with family and friends.

"My success is attributed to setting high expectations for teaching and learning, designing quality professional development, and developing support networks with parents, community, business, and university partners to implement school priorities. It is important to establish a common vision and purpose for all stakeholders so that all students can succeed."

He is looking forward to working with the Centralia community this year believes that working together We will build a strong educational foundation for a bright future for all students.

Centralia School District Board of Trustees



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Buena Terra *Elementary*

8299 Holder St., Buena Park, CA 90620 • 714/228-3220 • www.cesd.us



Peter Cole
Principal

Mr. Peter Cole is in his fifth year as principal of Buena Terra Elementary School. He has been with the Centralia School District for 19 years, having served as principal of San Marino and G.B. Miller Schools prior to Buena Terra. During his previous tenures, San Marino became a high-performing Title I school, and Miller became a Distinguished School.

Mr. Cole began his teaching career as a middle school English/social studies teacher. He later became an activities director at Lakewood High School, and then a vice principal at middle schools in Long Beach and Newport Mesa.

Mr. Cole earned his Bachelor of Arts degree in history and economics at Claremont McKenna College, and his Master of Education from UCLA. He has been active in the Association of California School Administrators, serving on the State Elementary Education Committee and as president of Region 17 (Orange County).

Mr. Cole lives in Los Alamitos with his wife of 25 years, who is also a UCLA graduate and educator. They enjoy spending time together traveling, reading and visiting Maine. Their daughter is entering her senior year at Oberlin College, where she is majoring in history with an emphasis on Arabic and Middle Eastern studies. As principal of Buena Terra, Mr. Cole is honored to be working with an outstanding faculty, wonderful students, and supportive parents.

Danbrook *Elementary*

320 Danbrook St., Anaheim, CA 92804 • 714/228-3230 • www.cesd.us



Erasmo Garcia
Principal

Mr. Garcia has 12 years of experience working with innovative school systems as an administrator and five years of experience teaching elementary and middle school children in the classroom and in after-school programs. Prior to becoming a teacher, Mr. Garcia earned a bachelor's degree in psychology from University of California, San Diego. While still an undergraduate, he was recognized as a McNair Scholar for his research in behavioral and cognitive psychology. Continuing his lifelong love of learning, Mr. Garcia completed his graduate coursework in teaching, counseling, and administration at Chapman and Azusa Pacific Universities.

Since then he has held various leadership positions, including middle school assistant principal, high school assistant principal, middle school principal, and, most recently, elementary school principal. Among his many recognitions, he is most proud his Teacher of the Year Awards at both primary and secondary grade levels and Riverside County's Bilingual Educators Succeeding Together (BEST) Administrator Award.

Mr. Garcia is a proud graduate of Monrovia High School and is an avid fan of the Wildcat football team. He also enjoys traveling, hiking, golfing, fishing, and spending time with his fiancée, four children, and Blue, his cat. Mr. Garcia is excited to combine his unique academic, administrative, and personal life experiences to create a model school dedicated to bringing out the best in every child.

G.H. Dysinger *Elementary*

7770 Camellia Dr., Buena Park, CA 90620 • 714/228-3240 • www.cesd.us



Maria Poulin
Principal

Maria has been in education for 18 years as an elementary school teacher, high school English teacher, assistant principal and principal.

In the Centralia School District, Maria served as principal of San Marino School for the past two years, and is beginning her first year at Dysinger School for the 2013–2014 school year. She earned her Bachelor of Arts degree from California State University, Los Angeles, and completed her Master of Arts degree at Loyola Marymount University at Los Angeles. Maria holds “Clear” California credentials in teaching (CLAD embedded) and administration.

Maria is married to her high school sweetheart, and they have three children. She loves reading, camping and vacationing with her family. She believes that genuine collaboration fosters ownership of a rich school culture. Supporting students to do well at school and in their lives is the center of her work.

San Marino *Elementary*

6215 San Rolando Way, Buena Park, CA 90620 • 714/228-3280 • www.cesd.us



Stacy Chang
Principal

Stacy Chang is honored to be joining the San Marino team as the school’s newly appointed principal. During the last two years she has served as the academic coach and administrator-community instructional liaison at Danbrook School. She was in charge of curriculum and instruction, and worked with the staff to help Danbrook become Orange County’s Most Improved School.

Stacy has her undergraduate degree in educational studies from Vanderbilt University, and an M.A.Ed. from Biola University. She is a National Board Certified Teacher, and is in her last year of the Ed.D. program at the University of Southern California. In

addition, she is also a recent recipient of the PTA Honorary Service Award.

Stacy comes to San Marino with numerous experiences in working with students from the preschool through graduate levels, and in diverse settings. She has been an elementary school teacher, the education director of a nonprofit organization, and a district and state teacher-trainer for various topics.

Additionally, she has also been a state specialist/training coordinator in Alabama, where she provided training and coaching to over 300 teachers in seven school districts around the region. Stacy was born in South Korea and has lived in New York, Tennessee and Alabama. She is married and has two beautiful and energetic boys.

Enthusiastic about her new role as principal, Stacy plans to work with all stakeholders to advance an educational program and culture that is conducive to high-quality, 21st-century instruction. Her goal is to work collaboratively with her San Marino team to strive for excellence!

Raymond Temple *Elementary*

7800 Holder St., Buena Park, CA 90620 • 714/228-3290 • www.cesd.us



Sara Pelly
Principal

Sara Pelly has worked in Centralia School District for 15 years. She began her teaching career in Orange Unified at Crescent Primary School and then moved to Centralia where she taught gifted and talented first- and second-graders at Walter Knott School for nine years. After being involved in leadership, curriculum and technology in both districts, Mrs. Pelly decided to make a change to administration and became a student support/community liaison at Danbrook School. She served as principal at Buena Terra and Danbrook schools and is currently the principal at Raymond Temple School.

G.B. Miller *Elementary*

7751 Furman Rd., La Palma, CA 90623 • 714/228-3270 • www.cesd.us



Jeanette Salinas
Principal

Jeanette Salinas is entering her fourth year as principal of George B. Miller Elementary School in the Centralia School District. She completed both her undergraduate and postgraduate degrees as well as her teaching and administrative credentials at California State University, Fullerton. She began her educational career in the Los Nietos School District in Whittier. She spent most of her years teaching kindergarten through second grade. During her tenure as a teacher, Mrs. Salinas served in various capacities that included district trainer, literacy coach and teacher on special assignment (TOSA) in middle school. She has also worked as a consultant with Early Intervention for School Success through the Orange County Office of Education, serving over 17 schools in LA County.

During her time as a TOSA, she was inspired to pursue her master’s degree in educational leadership and her administrative credential. After completing her degree in 2006, she received her first assignment in elementary school. Mrs. Salinas continues to participate as a consultant with Principal’s Exchange Foundation, which is a charitable organization developed to promote student achievement.

She continues to be an active leader in ACSA and CALSA through serving on the strategic plan committee and is enrolled in the CALSA mentor program. Her husband and three children are very supportive of her career and will frequently be seen volunteering at the many school activities.

Los Coyotes *Elementary*

8122 Moody St., La Palma, CA 90623 • 714/228-3260 • www.cesd.us



Robyn Yarbrough
Principal

Mrs. Robyn Yarbrough was appointed the principal of Los Coyotes Elementary School in August 2011. She has worked for the Centralia School District since 1998, when she was hired as a classroom teacher. She has also worked as an instructional teacher on special assignment and a community liaison. Prior to her arrival at Los Coyotes, she worked at Danbrook and Walter Knott Schools. Under her leadership, Los Coyotes continues to thrive as one of the most outstanding schools in Orange County, this year garnering a silver medal from *The Orange County Register* and a California Business for Education Excellence Honor

Roll Award and improving its Academic Performance Index (API) score to 971.

Robyn earned her bachelor’s degree in communications from California State University, Fullerton (CSUF) and her master’s degree in educational leadership from the same institution. She plans to return to CSUF within the next two years, becoming a Titan for the third time, and obtain her doctorate.

Robyn lives in Buena Park with her husband of 27 years. They enjoy traveling and are devoted Seahawks fans, making an annual pilgrimage to Seattle for a home game. Her eldest son is a computer software engineer, earning his bachelor’s degree this May, and her younger son will graduate with a bachelor’s degree in English next May. Both sons, of course, are CSUF Titans.

A native Coloradan, Mrs. Pelly left her beloved Rocky Mountains to attend college at Phillips University in Enid, Oklahoma. After her first day in a general-education class, she knew she wanted to be a teacher and went on to receive a B.S. in elementary education as well as hands-on experience in tornado survival! After working as a college admission counselor for two years, she traveled to California for a job interview and fell instantly in love with the beautiful city of Orange. In spite of the earthquakes, she decided to stay in California and earn her M.A. in curriculum and instruction and eventually her administrative services credential at Chapman University.

Mrs. Pelly spends her free time running, playing the piano, and traveling back to Colorado to visit family. She and her husband, Mike, also enjoy fly-fishing and are involved in the Men’s and Women’s Lacrosse Parent Booster programs at Chapman.

Cypress School District

9470 Moody St., Cypress, CA 90630 • 714/220-6900 • www.cypsd.k12.ca.us

SUPERINTENDENT



Beverly M. Hempstead

On Thursday, May 12, 2011, the Cypress School District Board of Trustees appointed Mrs. Beverly Hempstead as District Superintendent, effective July 1, 2011. Board President Valeri Peters Wagner made the announcement, stating, “The district is fortunate to find a superintendent of Mrs. Hempstead’s caliber and experience.”

Mrs. Hempstead formerly served in the Ocean View School District for 34 years, holding the position of Deputy Superintendent, Curriculum & Instruction/Operations in that district. She also held the positions of Deputy Superintendent, Curriculum & Instruction/Human Resources; Assistant Superintendent, Curriculum & Instruction; Director, Student Support Services; elementary principal, and Special Education teacher while in Ocean View.

Mrs. Hempstead received her bachelor’s degree from the University of Southern California and a master’s degree from California State University, Los Angeles.

“I am so thrilled to continue as part of the successful Cypress School District team. Their shared purpose and focus on high student achievement, with safe and modernized classrooms, is to be celebrated. I look forward to the new 2013–2014 school year and working with the outstanding Board of Trustees, district and school staffs, and community members in the Cypress School District,” said Mrs. Hempstead.

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Arnold *Elementary*

9281 Denni St., Cypress, CA 90630 • 714/220-6965 • www.cypsd.k12.ca.us



Denine Kelly
Principal

Mrs. Kelly has been in education for over 27 years. She taught at the elementary and middle school levels. She spent the first part of her career as a teacher and an administrator in the Long Beach Unified School District before coming to Cypress. This will be her 16th year as a principal in Cypress School District. She has served as the principal at Vessels, Swain and now Arnold school. Outside work, she stays busy with her husband and three daughters, ages 18, 16 and 10, and most appreciates having time to “relax” and enjoy them.

Mrs. Kelly is excited about the 2013–14 school year and all that is happening at Arnold School. This year, Arnold students and staff will spend the year at the Dickerson School interim site while the Arnold campus is modernized. Mrs. Kelly says that despite having to pack and move, Arnold teachers have maintained their focus on high academic standards and student achievement. Their efforts paid off as Arnold’s test scores continued to rise this year. Mrs. Kelly said that the staff will continue to expand their use of Cognitively Guided Instruction (CGI) in math and other instructional strategies that will help students transition to the Common Core State Standards and the Smarter Balanced Assessment. She stated that the Arnold staff is hardworking and dedicated to ensuring that all students succeed.

CYPRESS EDUCATION FOUNDATION • From Page 1

Currently, the Foundation is leasing surplus facilities at each operating school for childcare and preschool, as well as housing tenants at both Cawthon and Damron, two closed school sites.

The 21st Century has brought educators new hurdles, including the budget crisis in the State of California at a time when our students most need up-to-date instruction and technology. As a result, the Foundation is currently looking to partner with our local businesses, community members, and parents through endowments and donations so that we can sustain Cypress School District’s high performing Distinguished Schools. The Foundation’s vision is to provide every child an equal educational opportunity through a community partnership with the businesses, community members, and parents of the Cypress School District.

CEF is currently generating approximately \$800,000 revenue annually as a result of the lease of surplus District properties and the joint venture development with the Cypress Redevelopment Agency, which directly benefits all six Cypress schools: A. E. Arnold, Clara J. King, Margaret Landell, Steve Luther, Juliet Morris, and Frank Vessels.



King *Elementary*

8710 Moody St., Cypress, CA 90630 • 714/220-6980 • www.cypsd.k12.ca.us



Carol Erbe
Principal

Carol Erbe is beginning her fifth year as principal at King School, and her eleventh year as a principal in the Cypress School District. Prior to King, she was also principal at Cawthon and Damron Schools.

Mrs. Erbe first became interested in working for the Cypress School District over 20 years ago, when her eldest daughter began as a student at Morris. The sound educational program and atmosphere of inclusiveness in each of the Cypress schools was impressive. All three of her daughters attended school in the district, and all three thrived in this educational environment.

Mrs. Erbe began her teaching career in the Long Beach Unified School District, first as a classroom teacher, then as a technology specialist teacher, and later as the vice principal at a K–8 school. She attended CSULB and Pepperdine University, and holds degrees in elementary teaching, educational technology, and administration.

When asked about the anticipated challenges for this school year, she said: “The transition into Common Core State Standards presents both a challenge and many exciting opportunities for our teachers to help students move toward higher education and college- and career-readiness. The King teachers are enthusiastic about incorporating various instructional strategies to empower students, increase student achievement, and enhance student learning.”

Landell *Elementary*

9739 Denni St., Cypress, CA 90630 • 714/220-6960 • www.cypsd.k12.ca.us

Rena Gibbs, *Principal*

Margaret Landell School opened in August with a new principal: Dr. Rena Gibbs. Dr. Gibbs began her career in education locally in 1993 and comes to Cypress from the Centralia School District, where she worked as a teacher on special assignment and professional development coordinator. She earned her doctorate in 2011 in educational leadership at California State University, Fullerton after earning her bachelor's and master's degrees at Chapman University.

When asked what her feelings were about being selected as the Landell principal, Dr. Gibbs said, "I feel very blessed to be working with people who are so passionate about their profession. Though I came aboard when my staff was supposed to be on summer vacation, I saw numerous teachers on campus each day working on curriculum, preparing their classrooms for incoming students, and ensuring they were ready for that first day of school. This dedication excites me, and I am so happy to be a part of the Landell family."

When she is not with her Landell family, Dr. Gibbs enjoys spending time with her husband of 19 years, Greg.

Vessels *Elementary*

5900 Cathy Ave., Cypress, CA 90630 • 714/220-6990 • www.cypsd.k12.ca.us



Helen Chung-Lu
Principal

Helen Chung-Lu will be the new principal at Vessels Elementary School. She has over 17 years of experience working in the field of education. She has formerly served as an elementary principal and implemented a new Mandarin language-immersion program in the Orange Unified School District.

Ms. Chung-Lu is excited about continuing the fine tradition of excellence and high standards that is associated with Vessels Elementary School. She was born in Hong Kong and relocated to California when she was 10 years old. She speaks fluent Mandarin and Cantonese. She received her Bachelor of Science in child development from California State University, Fullerton, and a master's degree in education from Claremont Graduate University. When away from being a principal, Ms. Chung-Lu enjoys spending time with her children, playing tennis on the USTA, and traveling with her whole family. As Vessels Elementary School's new principal this year, Ms. Chung-Lu looks forward to working with the staff and community to offer the very best to each child so that he or she can reach the highest potential as a learner!

Luther *Elementary*

5851 Newman St., Cypress, CA 90630 • 714/220-6918 • www.cypsd.k12.ca.us



Jacki Teschke
Principal

Jacki Teschke is beginning her fifth year as principal in the Cypress School District, with four at Luther. She has extensive training and expertise in curriculum and instruction, and she has a passion for learning about teaching and effective instruction and providing students with the best-possible educational program to ensure that they learn to their maximal level of ability. Her primary goal is to support teachers to ensure that strategies that research finds are most effective are used in every classroom with every student.

Mrs. Teschke strongly believes that her primary job is to be the advocate for all students, and she believes in the concept that all Luther staff members must take responsibility for the education of all Luther students; thus, Luther has become an educational community in which all adults feel an obligation for the education of all students. Mrs. Teschke exemplifies this by personally knowing every student in the school and virtually every parent.

Prior to becoming a principal, Mrs. Teschke served CSD on many levels: classroom teacher; Title I resource teacher; site program coordinator; Cotsen Foundation teacher-mentor; district BTSA coordinator, directing the new teacher program; and district teacher on special assignment responsible for GATE, staff development and technology support. Her three grown children attended CSD schools, and she served as parent volunteer and PTA board member, including president, for five years before beginning her teaching career. She lives in Cypress and enjoys spending time with her family and dogs when she is away from school.

Morris *Elementary*

9952 Graham St., Cypress, CA 90630 • 714/220-6995 • www.cypsd.k12.ca.us



Lori Hernandez
Principal

The Juliet Morris School staff and community will welcome a new principal for 2013/14: Mrs. Lori Hernandez. Mrs. Hernandez started her career as a teacher with the Los Angeles Unified School District. She then taught in Magnolia School District for 8 years, where she was awarded Orange County Teacher of the Year. Her last assignment with Magnolia was as an Educational Services Teacher on Special Assignment. Mrs. Hernandez is excited to join the Morris community for the transition to Common Core, and looks forward to working with teachers and parents on the instructional shifts and infusion of technology.

Mrs. Hernandez is a National Board Certified Teacher in Language Arts, and earned both her BA and MA at the University of California, Los Angeles.

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Savanna School District

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SUPERINTENDENT



Dr. Sue Johnson

Dr. Johnson began her career as a teacher in Wrightwood, CA, where she taught third and fifth grades. She served in the position of elementary school assistant principal and lecturer for California State University, San Bernardino. Dr. Johnson began working in the Savanna School District in 1990 as Curriculum Coordinator, and has served in Savanna School District since that time in the positions of Director of Curriculum, Assistant Superintendent of Educational Services, and Superintendent of Schools. Dr. Johnson received a Bachelor of Arts Degree in Liberal Studies from California State Polytechnic University, Pomona; a Master of Arts Degree in School Administration from California State University, San Bernardino; and a Doctorate in Educational Administration from the University of Southern California.

As a first-generation college graduate, Dr. Johnson is passionate about providing opportunities for all students to succeed and be on the path toward college and career readiness. She states, "It's very fulfilling to be able to give back to future generations, giving others the same chance I was once given. In my current position, I've been fortunate to not only have an impact on student learning but also on ensuring that the generations to come have the best facilities possible that will positively affect our children's education and our community for generations to come."

A married mother of two grown daughters, Dr. Johnson is extremely proud that her oldest daughter is completing her Masters Degree at the University of Strasbourg, France, while her youngest daughter will be entering the teaching profession as a first-year teacher this August. Her advice to others is embodied in the quote by Confucius: 'Choose a job you love, and you will never have to work a day in your life.'

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Cerritos *School*

3731 Cerritos Ave., Anaheim, CA 92804 • 714/236-3830 • www.savsd.org/Schools/Cerritos/cerrhome.html



Shane Vinagupta
Principal

In July 2013, Mr. Shane Vinagupta joined the Savanna School District team as principal of Cerritos School. He previously served as an administrator in the Westminster School District where he spent six years at both the elementary and middle school levels. Mr. Vinagupta's teaching experiences include six years in the Montebello Unified School District where he taught at an intermediate school. In addition, he was able to return to the schools he attended as a student where he was able to give back to the community through coaching basketball and tennis.

Mr. Vinagupta earned both his Bachelor's and Master's Degrees from California State University, Long Beach. He currently resides in Huntington Beach with his high school sweetheart and wife, Elizabeth, and their four-year old daughter, Emily. He enjoys early morning surfing and spending time with friends and family.

Mr. Vinagupta is excited about becoming a Cerritos Cheetah, moving into a site that reopened in 2012-13 after a comprehensive modernization, and utilizing the wide variety of technology that is available for students and staff. He is looking forward to meeting students and parents, immersing himself in the Cerritos School community, and continuing the excellent programs that make the school a great place for learning while he works with staff to show 'the best is yet to come!'

Hansen *School*

1300 S. Knott Ave., Anaheim, CA 92804 • 714/236-3835 • www.savsd.k12.ca.us/Hansen/hanhome.htm

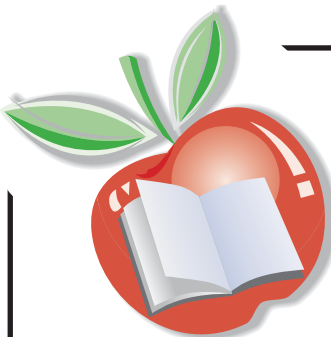


Shannon Wyatt
Principal

Ms. Shannon Wyatt was appointed the principal of Hansen School in January of 2008. She has worked for the Savanna School District since 2004; however, she has been part of the Savanna family since she began as a kindergarten student at Cerritos School. Prior to her appointment as Hansen principal, Ms. Wyatt taught at Cerritos and Holder Schools, as well as in the Cypress and Desert Sands Unified School Districts. Under her leadership, Hansen continues to thrive, last year earning the Orange County Human Relations Award for honoring diversity and improving Hansen's Academic Performance Index score to 812.

Ms. Wyatt earned her Bachelor's Degree in Liberal Studies, minoring in military history, from California State University of San Bernardino and her Master's Degree in educational leadership from California State University, Long Beach. She plans to attend UCLA to obtain her Doctorate.

Ms. Wyatt and her family enjoy traveling as well as attending a variety of sporting events including Steeler and UCLA football, Kings hockey, and Angels Baseball. Her daughter attends the University of Iowa majoring in Anthropology and Global Health and plans to save the world one day, while her son is beginning his senior year at Los Alamitos High School.



Savanna School District

Full Day Kindergarten and Transitional Kindergarten Programs 2013-2014 School Year

Cerritos School
3731 Cerritos Ave.
Anaheim, CA 92804
8:05 am – 2:35 pm

Hansen School
1300 S. Knott Ave.
Anaheim, CA 92804
7:50 am – 2:20 pm

Holder School
Corner of Holder St. & Orange Ave.
Buena Park, CA 90620
7:40 am – 2:00 pm

Reid School
720 S. Western Ave.
Anaheim, CA 92804
8:30 am – 2:55 pm

For registration information,
call Savanna School District:
714-236-3800



Holder School

9550 Holder St., Buena Park, CA 90620 • 714/236-3840 • www.savsd.k12.ca.us/Holder/holdhome.htm



Dr. Jerry Friedman
Principal

Dr. Jerry Friedman has served as a principal in the Savanna School District since 2002. After eleven successful years as principal at Cerritos School, he was appointed principal of Holder School in May of 2013. Prior to his tenure in Savanna, Dr. Friedman taught and worked as an administrator in the ABC Unified School District for twelve years.

Dr. Friedman earned his Bachelor's Degree in Liberal Studies from Cal State Long Beach. During that time he worked part-time as an instructional assistant in elementary schools and discovered his passion for education. He earned his Master's Degree from National University and went on to receive his Doctorate Degree in Educational Leadership from the University of Southern California.

Prior to entering the teaching profession, Dr. Friedman's passion for travel and learning led him to year-long adventures in both Mexico and Japan, immersing himself in the cultures, customs, and languages. His dedication to meeting the needs of second language learners was strengthened through his experiences; he is committed to providing a safe, nurturing environment where all students can be successful.

Dr. Friedman lives in Yorba Linda with his wife, Lisa, of twelve years. They have a seven-year old daughter, Skyler. They enjoy outdoor activities, traveling, and spending time together at home.

Twila Reid School

Corner of Holder and Orange Avenues, Buena Park, CA 90620 • 714/236-3845
www.savsd.k12.ca.us/Reid/reidhome.htm



Dr. Bob Pipes
Principal

As he enters his twenty-fifth year as an administrator with the Savanna School District, Dr. Bob Pipes is pleased to celebrate the grand re-opening of Reid School after the conclusion of a comprehensive modernization. Dr. Pipes has been integrally involved in the Reid School community, serving on the West Anaheim Medical Center Board of Trustees, as President of the Savanna Administrators Association, and providing a variety of other volunteer work in the community. In recognition of his service to the community, Dr. Pipes has received an Appreciation Award from the North Orange County ROP, the Continuing Service Award from the Twila Reid Elementary PTA, and the Honorary Service Award from the El Dorado Oeste PTA Council.

Dr. Pipes earned his Associate's Degree from Fullerton Junior College, his Bachelor's Degree from the University of Redlands, his Master's Degree from Los Angeles State College of Applied Arts and Sciences and went on to receive his Doctorate Degree from the University of Southern California. Prior to his tenure at Reid School, Dr. Pipes taught in the Montebello and Fullerton School Districts and worked as a school administrator in a variety of areas throughout California.

Dr. Pipes and his wife, Joanne, have four grown children and nine grandchildren; they enjoy spending time together and can often be found celebrating milestones in the lives of family members.



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Snacking: Think Before You Munch

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



A new survey from the International Food Information Council (IFIC) shares that Americans would rather be told what to eat, not what they should avoid. We agree.....focusing on the positive will be much better accepted by a client, friend, or colleague asking for nutritional advice. One question We get asked often is: What can I have for a snack?



Carol Berg Sloan, RD

If you want crunchy I suggest the usual stand bys, carrots, jicama and other favorite cut up veggies. A dip is a must and I always have hummus or ranch dressing mixed with balsamic vinegar on hand. I have small containers that I can easily fill up for a quick getaway.

If you gotta have something sweet there are many choices to tame that craving: Dove® Roasted Almonds Covered in Silky Smooth dark chocolate (100 calories for about 6), raspberries stuffed with white or dark chocolate chips, a small fruit salad with your favs...bananas, grapes, blackberries, watermelon or any of the wonderful nonfat Greek yogurts on the market.

To quench you thirst I recommend Vitamin Water Zero® (lots of great favors) homemade sun tea....choose your favorite tea bag.

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



Kelly Sloan

Kale is very popular and is known as a super food. Kale is very rich in vitamins A and C. Kale chips are my favorite savory snack and they are so easy to make. I buy a bunch of kale, wash and pat dry. I then tear the leaves into 4 x 4 inch pieces and remove most of the stem. Place on a baking sheet sprinkle with olive oil and a bit of salt and bake for 20 minutes at 300 degrees. They are delicious.

I like to have 3 or 4 graham crackers with Nutella® and banana slices or I will make banana nut cookies and put them in the freezer. Another favorite is Multi Grain Cherrios® mixed with raisins and dark chocolate M&Ms. These snacks are easy to grab and go when I'm rushing out the door.

I am not a soda drinker so I always turn to water. I do like smoothies and if I have any frozen, canned or fresh fruit I will make a delicious smoothie by just adding water and ice in a blender. One of my favorite smoothie blends includes strawberries, raspberries, kale and non-fat vanilla yogurt. Very satisfying and filling!

Kelly Sloan-Health Writer, College Lifestyles Website: <http://collegelifestyles.org>
Twitter: @KSloan6 University of Hawaii at Manoa

Walnut Banana Cookies

- Makes 36 cookies
- Ingredients
- 12 tablespoons unsalted butter, softened
 - 2/3 cup sugar
 - 1/3 cup firmly packed brown sugar
 - 1 large egg
 - 1/2 teaspoon vanilla extract
 - 1 large banana
 - 3/4 cup instant (1 minute) oats
 - 1 3/4 cups flour
 - 1/2 teaspoon salt
 - 1 teaspoon baking powder
 - 1 1/4 cups California walnuts, toasted and chopped



Directions

- 1.Preheat the oven to 350 degrees.
- 2.Beat the butter and sugars together until smooth. Mix in the egg and vanilla extract. Finely chop the banana (there will be about 3/4 cup) and stir it into the sugar mixture. Stir in the oats, flour, salt, baking powder and walnuts.
- 3.Spoon the dough about 1 1/2 inches apart on parchment lined cookie sheets.
- 4.Bake until light brown, about 15 minutes.

Courtesy of walnuts.org

Good Dental Health–Word Search Contest



One word in this list isn't in the word search.
When you circle the words, you will have one word left over.

- | | | |
|-------------|-------------|--------------|
| Breads | Eggs | Milk |
| Brushing | Examination | Nutrition |
| Cereals | Fish | Orthodontist |
| Checkup | Flossing | Pediatric |
| Daily | Fluoride | Sugar |
| Dairy | Fruits | Tooth |
| Dentist | Guidelines | Vegetables |
| Development | Healthy | Water |
| Diet | Meat | Whole grains |

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



Dr. Al Mijares
Superintendent

As educators, we take seriously the responsibility to support student development, and take advantage of the opportunities to model and teach positive behaviors such as respect, responsibility, honesty, and compassion. Since 2011, OCDE has collaborated with the Orange County Health Care Agency to host the Annual Bullying Prevention Conference in June. The conference brings together the Orange County Sheriff's Department, real life stories from students and their families who have experienced bullying, and other community agencies who present best practices and information on bullying and cyber bullying.

We welcome parents to take an active role in shaping their school and neighborhood climate. The leaders of tomorrow are in our classrooms today and we must all work together to create positive environments for teaching and learning.

For additional information, visit www.ocde.us/SchoolSafety/Pages/More-Safe-School-Resources.aspx or contact Christine Laehle, MPH, Program Specialist, Safe Schools, at 714-327-1067 or claehle@ocde.us.

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Paul R. de Dios
Dean of Cypress College

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