

School News

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Covering the Fountain Valley School District



Volume 18, Issue 107

September 2022



Back to School





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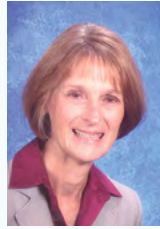
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Dr. Katherine Stopp
Superintendent

We are so excited to have started the 2022-2023 school year!

Since school let out in June, Team FVSD has been busy preparing for the new school year. We hired many new employees including elementary physical education teachers and elementary counselors. We spruced up campuses and classrooms in preparation for the return of staff and students. Our Safe Schools Task Force was reformed, policies and practices were revisited, and plans were made to make our schools safer. FVSD staff engaged in professional learning opportunities so that they remain current, expand and hone their knowledge and skills, and become inspired.

Inspire. That is our theme for the 2022-2023 school year. To inspire means to fill someone with confidence and desire to do something; to make someone feel that they want to do something and can do it. We recognize that we have an opportunity and responsibility to inspire those around us every day, so we must be intentional about doing so—every day. We are grateful that our community is entrusting us to do this important work in partnership with them.

The first weeks of school have been filled with positivity and excitement about being back on campus and with a sense of normalcy. We are learning the names, faces, and the stories of our students and families. With every interaction we are reminded why we serve.

We are looking forward to a safe and spectacular school year for all our educational partners in Fountain Valley School District.

By Lisa Schultz, Board of Trustees President

In my 8 years on the Fountain Valley School District Board of Trustees, I have never seen the depth of welcoming and inspiration that has overcome our district. You can see and feel it at every level from the district office who welcomes our first female superintendent and a director for our brand new position of Director of Safety. Every one of our campuses has welcomed back our fabulous returning staff and an incredible number of new staff from principals, assistant principals, teachers, aides, counselors, library techs, food service workers and more. Every teacher is welcoming back new students, returning students, PTA/PTO leaders and volunteers. All of these heartfelt welcomes and deserving people are the impetus for FVSD's adoption of this year's guiding theme: Inspiration.

Every single one of these people have inspired me and will continue to inspire our school district, community, and students in 2022-2023 and beyond.



FVSD Kicks off Back to School with All Staff Breakfast!



Kay Coop
Founder/Publisher



Welcome to a new school year!
It is always fun to get back to school and see friends and make new ones.. This is an especially nice year without masks and a bit of normalcy in all of our lives.

Superintendent Dr. Stopp begins this issue with her message on page 3. As you read the articles in this issue you can almost feel the excitement of the students and teachers.

On pages 18-19 we have included our popular student book reviews. If your child would like to be a student columnist reviewing favorite books, please email me for specifics. Also, on page 17 is our word search contest (all ages may enter).

Thank you for continuing to include *School News* among your reading choices.

Our next issue is November 2.



School News

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Uterine Fibroids are Common, But How Does it Affect Pregnancy and Fertility?



Elizabeth H. West, M.D.,
obstetrics and
gynecology
specialist, FACOG,
MemorialCare
Medical Group –
Douglas Park

Uterine fibroids are the most common noncancerous tumors in women of childbearing age. Approximately three million women in the United States have fibroids. Fibroids are made up of muscle cells and other tissues that grow in and around the wall of the uterus. Some women may experience symptoms if they have fibroids, such as:

- Heavy periods
- Feeling full in the lower abdomen
- Urinating often
- Lower back pain
- Reproductive problems

If a woman happens to experience symptoms of fibroids or if it is suspected that fibroids are present during a routine exam, tests may be ordered to help confirm the diagnosis, such as an ultrasound or an MRI.

Approximately 10 to 30 percent of women with fibroids develop complications during pregnancy. The most common complication of fibroids during pregnancy is pain.

Treatment for fibroids is decided on a case-by-case basis. It is based on the symptoms a person experiences, what is found during a routine pelvic exam, and the fibroids' size/shape/location.

During pregnancy, treatment for uterine fibroids is limited because of the risk to the baby. A treatment option for pregnant women is removing the fibroids during a C-section delivery. As this is a risky procedure, this is only done if necessary. The safest way to treat fibroids is to remove them before pregnancy or after the post-partum period.

If you're planning a pregnancy and have been diagnosed with fibroids or suspect you have them schedule an appointment with your doctor. Knowing if you have uterine fibroids before will help ensure that you and your baby are safe throughout the pregnancy.

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Sunday, October 2, 2022

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Roch Courreges *Elementary (K-5)*

18313 Santa Carlotta, Fountain Valley, CA 92708 • 714/378-4280 • www.courreges.fvgsd.us



Lisa Tanita
Principal

Welcome to the 2022-2023 School Year Courreges Cougars!

I am honored and so thankful to join the amazing Courreges staff and community, where each child is embraced and supported to thrive through creativity, innovation, and differentiation! Our teachers have been busy preparing for a fantastic school year in growing readers, writers, mathematicians, and critical thinkers. We know this first

begins with strong connections and a culture of care, so we kicked off the year with a Meet and Greet to start building relationships even before school started. We want Cougars to know YOU matter.

We have a great year planned for all of our students and look forward to a productive partnership with our parent community to inspire each student to learn and grow in a safe, engaging, and inspiring environment. It's going to be a fantastic year!



Class Team Building on the First Day of School



Team Courreges!



First Day of School

James H. Cox *Elementary (K-5)*

17615 Los Jardines E., Fountain Valley, CA 92708 • 714/378-4240 • www.cox.fvdsd.us



Cara Robinson
Principal

Welcome PE Teachers

This year, we are thrilled to welcome five physical education specialists to our school campus, helping support a love of physical activity and health. Students in all grades preschool through fifth grade enjoyed a variety of games and activities outside for our first of many weekly sessions. Welcome to our PE teachers

Mr. Troy Jacobs, Mr. Ricardo Carrillo, Ms. Carly Bishop, Mr. Larry Turner (not shown Mr. Princeton Nguyen). We also want to welcome our new counselor, Mr. Bailey Adling. Mr. Adling spent the first few days visiting classrooms as well as leading activities and games outside at recess and lunch. Mr. Adling's support for our students is crucial coming out of the pandemic. He is planning to help students with how to develop and maintain healthy

peer friendships. He will also be helping students with learning strategies, how to organize their thinking and how to problem-solve real-world situations. Finally, we are thrilled to welcome our new 4th grade teacher, Ms. Kathy Le. Ms. Le returns to our school full-time. She is not a stranger to us here, as she was our reading intervention teacher last year. Together with these new staff members, we are ready to have a wonderful year. Go Eagles!



Harry C. Fulton *Middle School (6–8)*

8778 El Lago St., Fountain Valley, CA 92708 • 714/375-2816 • www.fulton.fvdsd.us



Jenny Salberg
Principal



Molly Kuykendall
Assistant Principal

Thanks, PAL Leaders!

*By Molly Kuykendall,
Assistant Principal*

The 2022–23 school year is off to a great start at Fulton! The amazing staff continues to do what is best for children.

Featured for the month of September is Fulton PAL (Peer Assistance

Leadership). PAL is back as an elective class, and we are so excited about all that they have planned for our students this year! The mission of our PAL program is to develop youth leaders who connect with their peers to create a caring, safe and supportive school environment for all.

Our PALs have been busy at work getting prepared for the school year with a districtwide training event with the OCDE, touring new students around campus, and hosting lunchtime activities. They have schoolwide Red Ribbon Week events planned for the week of Oct 17–21 that focus on healthy lifestyle and positive choices. PAL will be hosting a variety of schoolwide events this year as they work to support a positive school climate through youth leadership, mentoring, conflict resolution, cross-age teaching, peer helping, service learning and prevention activities.

When asked what her goal is as a PAL this year, seventh-grader Meka Troutman said, “To help new students get to love their school, gain more leadership skills, and help to make school a place all students respect and feel comfortable and safe in.”

Thanks to our PAL leaders, Fulton is a great place to be.



School News Roll Call
Welcomes You
Back to School!



Robert Gisler *Elementary (K-5)*

18720 Las Flores, Fountain Valley, CA 92708 • 714/378-4211 • www.gisler.fvsd.us



Katherine Pavidis
Principal

Adventure Awaits at Gisler Elementary!

Staff have spent the last few weeks prepping their classrooms, attending trainings and collaborating with their peers in an effort to welcome back our Gators for the 2022-23 school year. We have a jam packed year of fun on the horizon and are so excited to be back in person full time surrounded by our community that goes the extra mile for our students. We have

a new principal, Ms. Katherine Pavidis, that comes to us with a diverse background of 24 years in education: 17 years in the classroom teaching and seven as a Vice Principal all within Downey Unified School District. She is currently completing her doctorate from Concordia University, Irvine under the umbrella of social emotional learning and restorative practices. Fun fact... Ms. Pavidis grew up in Fountain Valley and her parents still live down the street.



Community circle time with staff.



It takes a village and we are so grateful to have the support and collaboration with Fountain Valley Police Department.



Staff all received a copy of Joanna Gaines, "The World Needs who you were made to be" to get their year started. Finding ways to connect as a staff and a gator community learning from each other.



Gators starting the year with a growth mindset.



Gisler Elementary staff ready for another great year of learning and growing! Adventure awaits!

Kazuo Masuda *Middle School(6–8)*

17415 Las Jardines W., Fountain Valley, CA 92708 • 714/378-4250 • www.masuda.fvgsd.us



Jennifer Morgan
Principal



Matt Ploski
Assistant Principal

Welcoming Back in Style!

This is our inaugural year for the WEB program at Masuda, and it's off to a great start. On Friday, September 2nd, our WEB Leaders

were able to welcome the incoming sixth-graders during a special orientation prior to the start of school.

WEB, which stands for “Where Everybody Belongs,” is a middle school orientation and transition program that welcomes sixth-graders and makes them feel comfortable throughout the first year of their middle school experience. Built on the belief that students can help other students succeed, the program trains eighth-grade mentors to be WEB Leaders. As positive role models, the mentors guide the sixth-graders to discover what it takes to be successful during the transition to middle school.



More and more studies show that if students have a positive experience in their first year of middle school, their chances for success increase dramatically. At Masuda, WEB provides the structure for sixth-graders to receive support and guidance from eighth-graders who have already experienced the challenges that middle school can possess, and understand that the transition to a larger school can sometimes be overwhelming.

WEB also acts as an anti-bullying program by creating a cadre of student leaders who look for bullying behavior and then help stop it. WEB gives older students permission to be aware of and report any negative behavior they see, thus creating a safer school for everybody.

Needless to say, the Masuda community is excited about the benefits that this program is certain to bring to the social and emotional well-being of our student body.



William T. Newland *Elementary (K-5)*

8787 Dolphin St., Huntington Beach, CA 92646 • 714/378-4200 • www.newland.fvsd.us



Chris Christensen
Principal

First Day of School

*By Joy Moyers,
Public Information Officer*

Newland Elementary celebrated its first day of school in style; complete with a new principal and a record 95 degree day of heat!

The first day of school at Newland Elementary School kicked off on Wednesday, September 7. Newland's newest addition is their new principal, Mr. Chris Christensen, a veteran FVSD principal who just recently finished his 11th year as principal at Courreges Elementary School



Principal Christensen meets 2nd grader, Hayden Pope.



3rd grade teacher, Mrs. Johnston, cools down some students after recess

in FVSD. Mr. Christensen had this to say about his first day at Newland, "I am very blessed to join another outstanding school and parent community here at Newland Elementary!" He also added, "I can already tell that Newland is a very special place and I look forward to leading everyone through an exciting, rigorous, enriched, and certainly rewarding school year at Newland Elementary School!"

Newland's first day was also greeted by a record day of heat. However, the Newland students survived the day and had a great time getting acquainted with their new teachers and new principal.



Newland PTA greets Mr. C on his first day of school

Isojiro Oka *Elementary (K-5)*

9800 Yorktown Ave., Huntington Beach, CA 92646 • 714/378-4260 • www.oka.fvgsd.us



Julie Ballesteros
Principal

Welcome Back Wolfpack

Oka Elementary staff and I were thrilled to welcome back all preschool through 5th grade students to the 2022-2023 school year. This year our hope is to make learning an adventure for all children. Our goal is to encourage our students to inquire, explore and inspire others. We strive to

understand our students' individual strengths, so we may build a program that promotes problem-solving and critical thinking skills, collaboration, creativity, independence, and a love of learning.

The Wolfpack kicked off the year with our fun positive behavior support system- The Wolfpack Way. Students learned to work as a community and how to be Respectful, Responsible and Safe in all areas of the campus. We are committed to providing our children with the support and opportunities to thrive and achieve the best of their abilities. Go Wolfpack!



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Urbain H. Plavan *Elementary (K-5)*

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Dr. Patrick Ham
Principal

Developing the Whole Child

*By Joy Moyers,
Public Information Officer*

Dr. Patrick Ham has a foundational belief that learning is a lifelong process. In 1999, he graduated summa cum laude from UCLA and earned his Doctorate of Educational Leadership in 2019 from CSUF. Before becoming an administrator in 2009 at Masuda Middle School, he taught at the elementary and middle school levels for six years. Dr. Ham is fluent in both English and Korean, and lived in Seoul, South Korea for the first eight years of his life. When not at work, he loves spending time with his family and exercising.



Dr. Ham describes the past few years at Plavan as his most memorable and rewarding leadership experience. “We successfully transitioned all of our students and staff back to full time, in-person instruction. It was a challenging task because more than 40% of our student body were either new transitional kinder, kindergarten, or new enrollees, and the others were returning back to Plavan after a year of remote learning. With the support of our dedicated staff and

PTO, our students experienced a wonderful school year filled with the memorable events and quality instruction that Plavan is known for. Together, we successfully brought a sense of ‘normalcy’ back for our students.

“Additionally, last year Plavan students performed well above state, county, and district averages on both the ELA & Math sections of the California Assessment of Student Performance and Progress (CAASPP) with 80% of our students meeting or exceeding state standards. Excellent instructional outcome is just one of our goals here at Plavan. Here, we seek to develop the “whole” child through our programs in partnership with both teachers and parents. This year we will continue this trend with support from our new PTO board, counselors, teachers and of course, our parents.

“We are aware that you have educational options for your child. We thank you for choosing and trusting us with your most valued treasures.”



First Day of School: 9-7-22

Samuel E. Talbert *Middle School (6–8)*

9101 Brabham Dr., Huntington Beach, CA 92646 • 714/378-4220 • www.talbert.fvdsd.us



Jay Adams
Principal



Brandon LoMonaco
Assistant Principal

Welcome, T-Birds!

*By Brandon LoMonaco,
Assistant Principal*

Hello! My name is Brandon LoMonaco, and it is an honor to introduce myself as assistant principal of Talbert Middle School for the 2022–23 school year. I am exceedingly proud to join this reputable school community

and to support our students during a critical time in their lives. While I am new to this campus, I feel fortunate to be a part of the Fountain Valley family and build upon the strong foundation that you have all helped create.

I grew up just outside New York City and began my first several years of teaching/leadership experience in the Washington, D.C., area. Afterward, I moved to Southern California and became the dean of students and athletic

director at Community Roots Academy in Laguna Niguel, where I continued to work with students and alongside staff in professional development and instruction. I am excited to bring my experience and student-centered approach to your school community. In addition to my commitment to our students, I love the outdoors and quite literally anything under the sun. The beach, sports, hiking, camping, surfing—you name it!

My goal as the assistant principal is to promote a sense of belonging among the student body and prepare our students for success in the future. Students will be challenged academically and socially in different ways, and I will be here to support them as they navigate through middle school. My hope is that when students come to Talbert, they feel welcomed, successful and safe. I will do everything in my power to ensure that is the case for all students.

I am very much looking forward to calling Fountain Valley home and getting to know the community. Go T-Birds!



Talbert teachers, Kayla Marley and Robin Franks, join in on the fun with Talbert's ASB students as they prepare fun and insightful events for their peers"

Hisamatsu Tamura *Elementary (K-5)*

17340 Santa Suzanne St., Fountain Valley, CA 92708 • 714/375-6226 • www.tamura.fvds.us



Christopher Mullin
Principal

A Bunch of New Faces

Tamura recently opened its doors to the 2022–2023 school year. In addition to welcoming students back to the campus, Tamura also welcomed several new teachers as well as a new principal.

Mrs. Mishler joins Tamura as a kindergarten teacher from Oka. Mrs. Houses, a Transitional Kindergarten teacher, and Mrs. Huelle, a fourth-grade teacher, both hail from Gisler. Ms. Rasch is new to the FVSD, coming to Tamura with 19 years of experience from the LAUSD.



Finally, Mr. Christopher Mullin is thrilled to be joining Tamura Elementary. Mr. Mullin has lived in and around Fountain Valley for over 40 years. He attended Moiola Elementary and graduated from FVHS. After high school, Mr. Mullin decided to take the road less traveled and worked as a forest firefighter with CalFire and with the U.S. Forestry Service as a back country ranger.

In time, Mr. Mullin enrolled at Montana State University. Upon completion of his bachelor's in education, he found a job as a fifth-grade teacher at a K–12 school in the small rural town of Three Forks, MT., working there for three years. Eventually he made his way back to the Fountain Valley School District teaching science, math, and PE.

As an administrator, Mr. Mullin has worked at Fulton and Masuda Middle Schools. During the previous nine years he was the principal at Newland Elementary. When not at school, Mr. Mullin can be found enjoying time with his wife and children. Free time is often spent fishing, going to Angels' games, or cooking for family and friends. Principal Mullin is honored to be joining Tamura.

Tamura has always been a school with a solid record of high academic achievement, one that promotes a learning community characterized by child-centered differentiated instruction. The staff and students at Tamura have a history of making educational excellence a habit. The faculty at Tamura is dedicated to creating a learning environment where students may achieve to their highest ability. Mr Mullin, along with the entire staff, look forward to what will be an excellent year.



Orange County Department of Education



Dr. Al Mijares
Superintendent

Back to school season has begun, and while the last few years have taught us valuable lessons about making predictions, it is noteworthy that this is the first new school year since 2019 to start without strict requirements for face coverings or contact tracing, bringing us closer to a more traditional school experience.

Moving forward, we must continue to be mindful of the less visible impacts of the pandemic, and our schools are well-equipped to do this. As students return, we know that many will be in need of accelerated learning, social-emotional interventions, counseling and access to wrap-around mental health services.

School employees who have been on the front lines also need support, stability and grace. And of course our families need expanded learning opportunities, robust communication from their schools and districts, and access to resources.

Certainly the last school year posed extraordinary challenges, and no two experiences were quite the same. Many of our students, families and school employees endured illness, disruption and personal loss on a scale that is unimaginable. Yet we also heard incredible stories of resilience, innovation and achievement in 2022.

At Westminster High School, for example, four students who were concerned about declining bee colonies were honored for their proposal to create a probiotic that can strengthen bees against insecticides. Earlier in the year, our own OCDE educators set up schools for about 60 newly arrived Afghan children whose families were forced to flee their home country after assisting U.S. troops or holding other positions that compromised their safety.

In districts and charter schools across the county, our students earned county, state and national recognition for devising solutions to real-world problems. They produced mental health videos, built highly innovative smartphone apps, designed electric vehicles, partnered with industry leaders for work-based learning opportunities, and expressed themselves through the visual and performing arts.

The success stories are too numerous to list here, but I would be remiss in not mentioning that two of California's five Teachers of the Year for 2022 were from Orange County, as were four of the state's top nine Classified School Employees of the Year.

Although this past school year tested us in so many ways, I am beyond proud of our schools for continuing to provide exceptional experiences for students and opportunities for them to shine. As we head into another fall, the sky's the limit on what we can accomplish together. Let's take care of one another and make it a great year.

Novelist –Word Search Contest

Rules! One word in the list is NOT in the word search.

When you have completed the word search, one word will be left and that word you email to: Kay@schoolnewsrollcall.com Please put FV in the subject line.

Entries must be received by October 15, 2022

From the correct entries one name will be drawn to win a \$20 gift card to Barnes & Noble.

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Daniel's Review

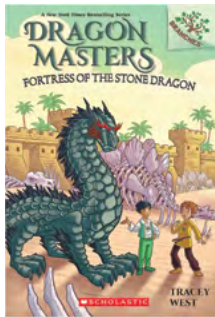


Daniel H.

Dragon Masters

In *Fortress of the Stone Dragon* (Dragon Masters #17) an evil wizard named Astrid is trying to rule the world and someone must stop her! Dragon Masters Drake and Mina, with

their dragons Frost and Worm, must get to another Dragon Master, Caspar, and his dragon Shaka (the Stone Dragon) to get help to defeat Astrid. This story had a lot of action, dragons, and magic. I really liked this book because it was fun to read. You should read this too!



Daniel is in third grade and he likes to spend time with his family playing board games, reading, and playing sports like tennis, basketball, and bowling.

David's Review

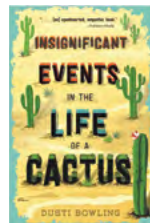


David H.

Perseverance and Friendship

Insignificant Events in the Life of a Cactus is a great book about perseverance. The main character, Aven, was born without arms and becomes friends with Connor, a boy who has Tourette syndrome, and Zion, a boy

who gets teased for being overweight. They are all trying to help each other survive middle school while being different. The author has a humorous writing style. I recommend this book to anyone who wants a heartwarming and uplifting read. Enjoy!



David is in fifth grade and he loves to read and play piano. He likes math and activities such as tennis, basketball, and bowling.

Jenna's Review



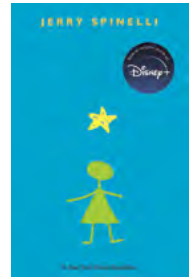
Jenna C.

Carry Us Away

Book Title: *Stargirl*

Author: Jerry Spinelli

Change is a big word and is something a lot of people do so that others will like them. Stargirl is a character that differs from everybody else. Leo



the narrator always tells himself that Stargirl is weird, but do you think that? Your opinion may change throughout the book because of Stargirl's choices. Stargirl is new to the school and catches attention quickly for being unique such as singing with her ukulele in the cafeteria. She becomes the good luck charm at the football game because she starts singing which motivates the players to try harder. She becomes the Queen of the school, but does she maintain her popularity with her quirkiness? Read to find out!

Jenna is a 6th grader. She enjoys playing soccer and drawing. She likes to read fiction novels. Someday she wants to publish a book.

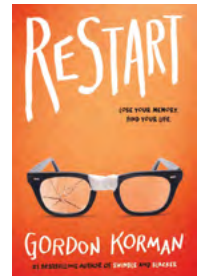
Sourish's Review



Sourish M.

A Second Chance, Something Everyone Deserves...

"I remember falling" says the first line of the book *Restart* by Gordon Korman. It describes the reminiscence of the main character Chase Ambrose who has an accident that changes



his life forever. The way the author has displayed this character is incredible.

He writes the story from each character's own point of view which projects a movie inside the reader's head as if they are experiencing it live. Every character plays a role in the main character's life, Shoshana Weber, Bear Bratsky, Aaron Hakimian, Brendan Espinoza, Kimberly Tooley, and Joel Weber. Chase was a bully who would torment others, but when he got amnesia, he changed for the better. The readers may be entertained by the amusing moments in the story such as the time when Brendan drove a tricycle through a carwash! Chase received something rare to everyone, a second chance and that should be deserved by everyone!

Sourish M. is a seventh grader who is enthusiastic to learn more and experience new things. He likes Science and Reading, plays soccer, basketball, guitar, and has fun with friends and family. Sourish loves to spend long hours coding and expanding his experiences by traveling with his family.

Kailani's Review



Kailani T.

Hardest Decision to Make!

Old Yeller by Fred Gipson is about a stray dog and his relationship with the family who found him. Travis is a 14-year-old teenager who is left in charge of the ranch while his father travels to a different city. Travis meets



a stray dog who steals his meat one morning and really dislikes that dog. However, Travis's little brother (Arless) wants to keep the dog. Mom lets the dog stay. The family calls him "Old Yeller". Mom's decision to keep the dog makes Travis even more upset since Travis is supposed to be in charge of the ranch while dad is gone. Will Travis and Old Yeller ever get along? Will the stray dog ever win Travis's heart?

There is a lot of feelings, tension and excitement in this book. Reading this book taught me that there will be many difficult life decisions to make when I grow up. I give this book 5 stars.

Kailani is a 5th grader who loves to read. When not reading, Kailani likes to play with her brother, jump on the trampoline, listen to music, and ride horses.

Aubtin's Review

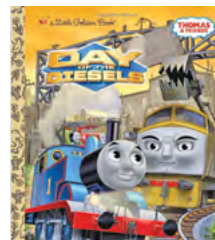


Aubtin M.

Teamwork

Title: *Thomas & Friends – Day of the Diesels*
Author: Christopher Awdry

On the Island of Sodor, Thomas the tank engine and Percy the small engine are best friends. When Belle; the fire engine comes,



she becomes Thomas's new friend. Percy feels very left out. Percy goes to the Diesel Works to see if the Diesels want to make friends with him. Percy leads the Diesels to the Steam Works, when he discovers that Thomas is held prisoner in the Diesel Works. What will happen to Thomas? Will Percy save him? I recommend you read this book to see what happens.

I learned about friendship, teamwork and cooperation from this book. I hope you will too. You will find great pictures in this book.

Aubtin is a 1st Grader. When not playing, Aubtin does writing, reading and drawing. He also likes sports, swimming, and music. He cares a lot about his family and friends.

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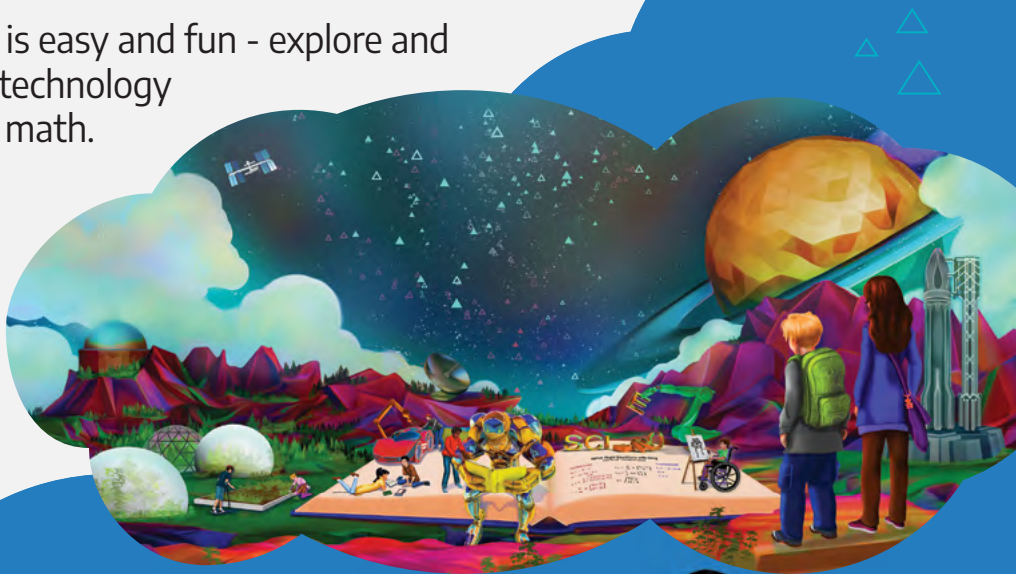
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- ▶ Coding lessons
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