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School News

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Covering the Fountain Valley, Huntington Beach Union High School, Ocean View, and Westminster School Districts

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Common Core State Standards (CCSS)

By Dr. Al Mijares, Superintendent
Orange County Department of Education

The mission of the Common Core State Standards (CCSS) is to provide a consistent, clear understanding of the knowledge and skills that young people need to master by the end of high school. Many stakeholders in 46 states worked on the standards in English language arts and mathematics to be certain that time spent in the classroom results in students who are ready for college and career.

In addition to academic content, the Common Core State Standards provide a description of 21st Century cognitive, interpersonal, and intrapersonal skills that work in tandem with the rigorous content standards. These skills focus on the “Habits of Mind” – mental competencies that students develop to be successful in a rapidly changing world. Attributes such as independence, valuing evidence, understanding other perspectives, perseverance, precision, and constructing viable arguments are developed as students learn the academic content.



In mathematical practices, students will be able to make sense of problems and persevere in solving them. They will reason abstractly and quantitatively, construct viable arguments, and analyze the reasoning of others.

Parents' Role in Implementing the Common Core “Habits of Mind”

Parents play a key role in supporting their child's development of 21st Century competencies, or “Habits of Mind.” Parents can begin by setting high expectations and supporting their child in meeting them. If a child needs extra help, or wants to learn more about a subject, parents and teachers can work together to identify opportunities to extend learning and find additional resources.

Other things parents can do to help their child develop the Common Core “Habits of Mind” include the following:

- Provide a wide range of reading materials, both fiction and information text, and discuss what they read.
- Ask them to share daily work and discuss what they are learning.
- Explore what ignites their curiosity.
- Talk with the teacher and help assess progress.

As we move forward together on this exciting path to transforming education across America, I am confident that with Common Core State Standards implementation, Orange County students will graduate from high school prepared with the knowledge, skills, and personal attributes needed to become successful in college and careers.

For additional resources to support implementation of the Common Core State Standards, visit www.ocde.us/CommonCoreCA.

Schools Begin by Fostering “Habits of Mind”

Educators throughout Orange County are designing learning environments that focus on building knowledge through content-rich text, writing, and text-based discussions grounded in research. As they acquire content knowledge, students will use critical thinking and problem solving, communication, collaboration, creativity, and innovation. In your child's classroom, you will see students who can demonstrate independence, value evidence, and are able to understand as well as critique complex material. Students will come to understand different perspectives and cultures. They will use technology and digital media strategically and capably.

Homework Help...and More!



Barbara Richardson
Senior Librarian
Programming and
Youth Services

The Huntington Beach Library offers free online tutoring throughout the year, and will have a volunteer tutoring program during the school year. The Library's online tutor service Brainfuse is available at www.hbpl.org. Students and adults can interact with live tutors from 1-10 p.m. daily. The online site also offers resume help, practice tests and a writing lab.

Beginning on September 23, the Central Library's Homework Club, staffed with volunteer tutors, will meet on Mondays and Wednesdays from 3:30-5 p.m. in the Maddy Room. Students and parents will need to register with the onsite coordinator at the start of the homework session. The Homework Club is held during the school year, and does not meet during the fall, winter or spring holiday breaks.

The Oak View Branch Library has a Homework Club that meets on Mondays, Tuesdays and Thursdays from 2-5 p.m., and on Wednesdays from 12:30-4:30 p.m. The Oak View Club will begin on September 23. Children and parents must register with the onsite homework coordinator before tutoring can begin.

The Library's fall reading program is for children ages 4-12, and begins on October 5. Children may sign up online at www.hbpl.org, or in person. Those children who read five library books will earn a hamburger or cheeseburger.

September 19 is “Speak like a Pirate” day. Use the Library's database “Mango” to learn the Pirate language, at www.hbpl.org. Mango teaches over 63 different languages that are spoken around the world. Our language learning database for children is called “Little Pim.”

Huntington Beach Central Library, 7111 Talbert Ave., Huntington Beach, CA 92648
714/374-5338 • www.hbpl.org

Please Drive Safely

Students are
Back in School



Inside: OC Dept. of Ed *page 4* • Fountain Valley Regional Hospital *page 4* • Miller Children's Hospital Long Beach *page 5* • Fountain Valley School District *pages 6-8*
Ocean View School District *pages 9-13* • Westminster School District *pages 19-22* • Huntington Beach Union High School District *pages 23-26*

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School News

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Covering the:
**FOUNTAIN VALLEY
HUNTINGTON BEACH UNION HIGH SCHOOL
OCEAN VIEW AND
WESTMINSTER SCHOOL DISTRICTS**

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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 13.

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Bullying Epidemic & Public Health Crisis



Dr. Al Mijares
Superintendent

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.

See **OC DEPT. OF ED** • Page 26

Early Treatment Important for Heart Attacks



Tina Wolfert
Director
Cardiovascular
Services

Each year more than one million Americans have a heart attack, and more than one-third of those heart attacks are fatal.

Yet, people tend to wait when they think they might be having a heart attack, and that's a mistake. The average patient arrives in the emergency department more than two hours after the onset of symptoms, but what they don't realize is that the sooner a heart attack is treated, the less damage to the heart and the better the outcome for the patient.

Emergency room physicians will tell you that for a heart attack to be treated effectively, the treatments must start an hour of when the symptoms start.

When it comes to heart attacks, knowing the symptoms and getting prompt medical attention can make a huge difference in

the outcome. Here are the symptoms of a heart attack:

- Nausea • Feeling of fullness • Pain that travels down one or both arms
- Jaw pain • Fatigue • Anxiety • Chest pressure, squeezing or discomfort
- Back pain • Shortness of breath.

People may also experience mild chest symptoms, such as pressure, burning, aching or tightness. These symptoms may come and go until finally becoming constant and severe. Women are more likely to experience less common symptoms such as feeling short of breath, nausea or vomiting and pain in the back and jaw.

Accredited Chest Pain Centers, certified by The Society of Cardiovascular Patient Care, use protocol-based procedures developed by leading experts in cardiac care to reduce time to treatment in the critical early stages of a heart attack. These processes coordinate across the entire hospital, not just the Emergency Department, to assure that patients aren't sent home too soon or needlessly admitted.

If you or someone you know has any symptoms of a heart attack, it's very important that you seek immediate emergency treatment and don't wait to be sure. Call 9-1-1 for emergency care instead of driving to the hospital in the midst of a heart attack.

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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.

beautiful smiles
bright futures

Please see page 11.

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Fountain Valley School District

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SUPERINTENDENT



Dr. Marc Ecker

Dr. Marc Ecker has served since 1996 as Superintendent of the Fountain Valley School District. He was appointed to the Schools First Federal Credit Union Board of Directors in August 2006. Dr. Ecker served as President of the Orange County Superintendents' Organization during the 2006–2007 and 2007–2008 years.

He is the president of the Association of California School Administrators (ACSA) and served as a member of the Board of Directors from 2008–2009, in addition to serving on numerous committees within ACSA in an effort to improve conditions within California schools, especially concerning fair and equitable state funding with more local district control. He periodically serves as a consultant at ACSA Academies for principals and new superintendents, speaking on school finance and School Board relations.

Dr. Ecker currently is serving his third term on the State Public Schools Accountability Act Advisory Committee, which focuses on California educational standards, assessment, and accountability. He was an appointee to the California Fiscal Crisis & Management Assistance Team (FCMAT) Board of Directors, which helps school districts that are in financial trouble. And Dr. Ecker has served on the Board of the California League of Middle Schools for many years, in addition to being a past president of the National Middle School Association. He previously served on the Board of Directors of Junior Achievement and on the advisory panel for Measured Progress, an educational assessment corporation.

Dr. Ecker has long been an active member of Rotary Club, and he served as the president of Fountain Valley Rotary Club during the 2007–2008 year. Dr. Ecker has taught school finance and organizational leadership in the School of Educational Administration at California State University, Fullerton.

Dr. Ecker graduated with his bachelor's degree and teaching credential from University of California, Los Angeles. He received his master's degree from California State University, Fullerton and his doctorate from United States International University, San Diego. He has been married to his wife, Linda, for 40 years and has three wonderfully successful adult children, Jacqueline, Michael, and Molly, and five grandchildren, Drayson, Cade, Finley, Rian, and Knox.

Fountain Valley Educational Foundation

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A Mutual Effort Begins



Nicola Weiss
President

Fountain Valley Elementary School District always performs well. Testing scores keep going up, and this past year Plavan was selected to apply for the Blue Ribbon Award. How do we keep it going with all of the programs that were cut? Last year a Bond measure to fund technology barely failed. The need is still there to move our students and our schools into the 21st Century. Some of our classrooms will go to one-on-one technology this year so that the system can start to develop and the bugs can be ironed out. In the next three years we will need to provide this for all our classrooms. Talbert Middle School is the first to kick off a full National STEM Program for a core group of 30 7th Graders. They will test the future methods of learning for our students. How is this funded? Mostly through private donations, the PT Units, parents and the support of the Fountain Valley Educational Foundation. The Foundation and District are joining forces to provide Fountain Valley students and staff with the technology and support they will need to make the program a success, and raise the \$3.5 million in funds it will take. A huge task and one that we cannot complete alone. A task that will need the support from the entire local community and beyond. We need YOU! We give them access to technology to help prepare them for tomorrow. How can you help? Any donation to the FVEF will go directly to supporting this effort. Any donation, big or small can make a difference. Can we count on your support? To donate please go to www.fvef.org or contact me anytime at 714-235-3523 or cn.weiss@verizon.net Thank you for your support!

BOARD OF TRUSTEES



Sandra Crandall
President

Mrs. Sandra Crandall was elected to the Board of Trustees in November, 2010. She is a credential teacher who served the children and their families of Fountain Valley School District for 39 years prior to retirement. During her tenure with the District, she taught Kindergarten, first grade and retired as a reading specialist. Fountain Valley Elementary, Moiola, Courreges and Oka were her assigned schools. In addition to her classroom assignments, she served on many and varied school-wide and district-wide committees. She was honored and humbled to be named Fountain Valley School District's Teacher of the Year for 2004-2005. Mrs. Crandall was raised in Wisconsin and attended Principia College in Elsah, Illinois. She is a twenty year resident of Fountain Valley where she and her husband, Larry, are active within the city. She enjoys time with her three grown children and three grandchildren, two of whom are currently elementary aged students in the school district.

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Roch Courreges *Elementary (K–5)*

18313 Santa Carlotta, Fountain Valley, CA 92708 • 714/378-4280 • www.fvsd.k12.ca.us/courreges/courreges.html



Chris Christensen
Principal

Mr. Christensen is thrilled to begin his third consecutive year as principal at Courreges Elementary School. This is his 13th year working as an administrator in the Fountain Valley School District. Prior to Courreges, he served as principal at Fulton Middle School (2006–2011), principal at Moiola School (2003–2006), and assistant principal at Masuda Middle School (2001–2003).

Prior to working in the FVSD, Mr. Christensen was a middle school instrumental music teacher in the Long Beach Unified School District. He graduated from UC Santa Barbara with a bachelor's degree in business economics, a master's degree in education from National University, and an educational administrative credential from UC Irvine. On a more personal note, he is also a classically trained cellist who spends many of his weekends performing with his string quartet at weddings and parties. He comes from a talented musical family as well. His father, Jim Christensen, was the director of music at Disneyland from the 1960s to the 1980s, and was the original musical composer and arranger of Disneyland's Main Street Electrical Parade.

His mother, Karen Christensen, is a professional flutist/pianist and church choir director in Anaheim. Mr. Christensen also has three children of his own: Brittany (17), Miranda (12), and Conner (10).

Mr. C. looks forward to leading all of the students, teachers and parents through another exciting year at Courreges Elementary School.

James H. Cox *Elementary (K–5)*

17615 Los Jardines E., Fountain Valley, CA 92708 • 714/378-4240 • www.jhces-fvsvd-ca.schoolloop.com



Patrick Ham
Principal

Mr. Patrick Ham has been an educator for over 10 years, having taught both elementary and middle school students. Mr. Ham is bilingual, and lived in Seoul and Incheon, South Korea for the first seven years of his life.

When Mr. Ham is not working, he enjoys spending time with his family, watching a great film, following his favorite pro and collegiate teams (UCLA Bruins), and following his new enjoyment: fishing with his wife.

When asked to share about Cox Elementary School, Mr. Ham said: “The Cox staff is dedicated to working in a respectful and inclusive environment to ensure that all students are motivated to achieve personal growth and academic excellence. We firmly believe that, together with our students, parents and the community, we have and will continue to strive towards the goal of creating the exceptional educational experience.

“The 2013–2014 school year promises to be another great year of academic excellence, where new technology, Common Core, and differentiated instruction are utilized here at Cox Elementary School.”

Mr. Ham attended UCLA, and received his Master of Science degree in education from CSUF.

Harry C. Fulton *Middle School (6–8)*

8778 El Lago St., Fountain Valley, CA 92708 • 714/375-2816 • <http://fultonms.fvsvd-ca.schoolloop.com/>



Jennifer Perkins
Principal

“Fulton is a fantastic place where students, teachers, families, and the community work together to help our students learn and thrive,” said Mrs. Jennifer Perkins. In her third year as principal of Fulton Middle School, Mrs. Perkins is very proud of this 2013 California Distinguished School and is dedicated to the success and well being of every student at Fulton.

Fountain Valley has been Mrs. Perkins home for almost her entire life. As a child, she attended Gisler Elementary School and Masuda Middle School and graduated from Fountain Valley High School. She received her bachelor’s degree in liberal studies with an emphasis in English from California Polytechnic University, San Luis Obispo, her teaching credential from Chapman University, and her master’s degree in education and her administrative credential from California State University, Fullerton.

Over the years, Mrs. Perkins has had the pleasure of holding many positions in the Fountain Valley School District. She began as a middle school teacher at Masuda and later moved to Fulton, where she taught and was the activities director. In 2005, Mrs. Perkins became the assistant principal at Talbert Middle School and, in 2007, the principal of Gisler before moving to Fulton in 2011.

Working with student, teachers and families is her passion. She loves education and is a lifelong learner herself. Mrs. Perkins finds it an honor and a privilege to come to work each and every day to support her students and help them become the best they can be.

Robert Gisler *Elementary (K–5)*

18720 Las Flores, Fountain Valley, CA 92708 • 714/378-4210 • www.regs-fvsvd-caschoolloop.com



Erin Bains
Principal

Ms. Bains has been an educator for over 18 years. She taught for 11 years at Eastwood Elementary School in the Westminster School District. While there, she taught fourth grade, a first-through third-grade multi-age class, and sixth grade. She came to Fountain Valley as the assistant principal at Masuda Middle School and then became the principal of Moiola School before moving to Gisler Elementary School.

Ms. Bains attended college at Loyola Marymount University and received her master’s degree in curriculum and instruction as well as her administrative credential at California State University, Fullerton.

She feels very fortunate to be a member of the Fountain Valley School District and to have worked with amazing staffs. At Gisler, the staff is committed to the success of students and truly believes in the power of professional development. They readily take on new curricular challenges; programs and strategies are often brought to the staff from professional reading done outside of the classroom. The passion of the staff is contagious, and Ms. Bains is looking forward to another year with this fantastic group.

The community of Gisler also wants the best for their students, giving countless hours of time inside and outside of the classroom. Students cherish the support they receive. Without the volunteer moms, dads, grandparents, and other family members, Gisler would not be able to run as many programs and activities as it does.

Kazuo Masuda *Middle School(6–8)*

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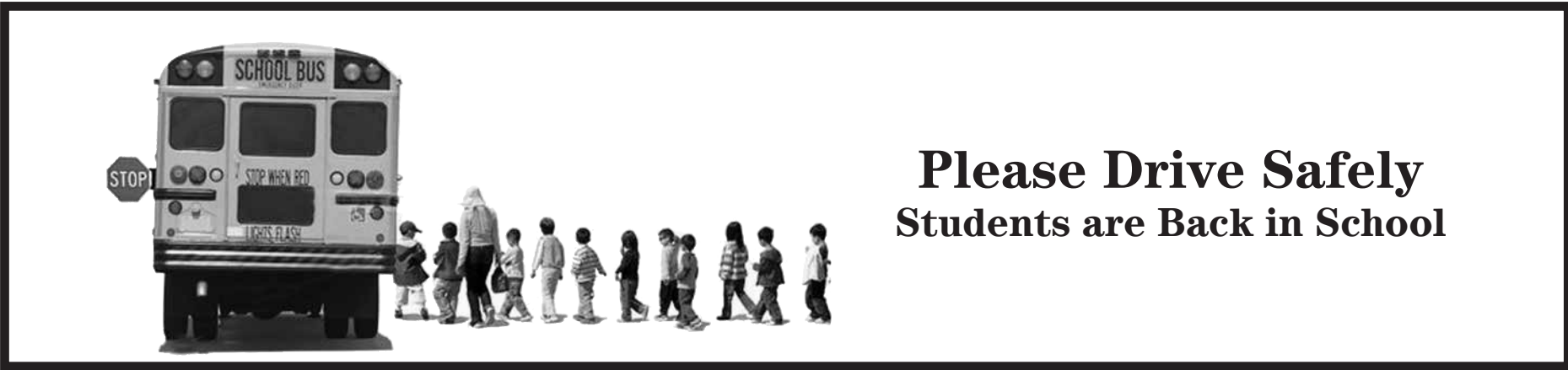


Jay Adams
Principal

My name is Jay Adams and I am so excited to be joining the Masuda Monarchs from Tamura Elementary School, where I was the principal for the past six years. Previously I had worked at Gisler Elementary and Sowers Middle School in Huntington Beach. Prior to that time, I worked extensively in San Bernardino as a middle school English teacher, a school counselor, and a program specialist at the District Office. My favorite part of being a principal is getting to watch students grow and change from “in-betweeners” into confident young men and women. They experience so much transformation from fifth through eighth grade. I also enjoy working with At-Risk students, developing strategies and plans to help them learn and to keep them moving on target.

At home, my name is “mom” to four children—Julian (fifteen), Isaiah (thirteen), Kaia (ten), and Asia (eight). We have a busy household including six pets: a hedgehog, two cats, and three birds. My favorite activity in my free time (when there is some) is SCUBA diving. I especially like to travel to Catalina Island, where I have dived with the Garibaldi, bat rays, lobsters, sea lions, and even an angel shark!

Next time you’re in the area, stop by and say hello to me at Masuda. You’ll find me out in the community, somewhere in a classroom, or out on the blacktop refereeing basketball (or even tossing one up myself). I’m so excited to be here!



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

8787 Dolphin St., Huntington Beach, CA 92646 • 714/378-4200 • www.wtnes-fvsvd-ca.schoolloop.com



Chris Mullin
Principal

Christopher Mullin has lived in and around Fountain Valley for over 34 years. He attended kindergarten through eighth grade at Moiola Elementary. He then attended and graduated from FVHS. After high school, Mr. Mullin attended Orange Coast College for a year and then decided to take the road less traveled. Over the next two years, he would be employed as a wild-land firefighter with CDF and with US Forestry as a backcountry ranger.

After two years Mr. Mullin enrolled at Montana State University. Upon completion of his bachelor's in education, he immediately found a job as a fifth-grade teacher at a K-12 school in the small rural town of Three Forks, working there for three years. While still teaching in Montana, Mr. Mullin applied for and was awarded a position teaching science and PE at Masuda Middle School, where he taught for five years. From there, Mr. Mullin became assistant principal at Fulton Middle School for three years and then rejoined Masuda where he was principal for four years.

Mr. Mullin is now extremely excited to be joining Newland Elementary! Newland is a school with a proven record of high academic achievement and one that promotes a learning community characterized by child-centered differentiated instruction. The faculty at Newland is dedicated to creating a learning environment where students may achieve to their highest ability.

Most days, Mr. Mullin can be found enjoying time with his wife, son and daughter. Free time is often spent fishing from his kayak, going to Angels games, or cooking for family and friends.

Isojiro Oka *Elementary (K-5)*

9800 Yorktown Ave., Huntington Beach, CA 92646 • 714/378-4260 • www.ioes-fvsvd-ca.schoolloop.com



Erik Miller
Principal

Erik Miller is beginning his third year as the principal of Isojiro Oka Elementary School. He feels blessed to be part of a fantastic Fountain Valley School District team and specifically lead an Oka staff that is all about putting students "First!"

Oka is proud to have recently been recognized as part of a small group of schools for being a "10 & 10" school, having earned these top rankings in comparison to similar schools and for overall excellence among all elementary schools in California.

Mr. Miller enjoys nothing more than leading a team of exceptional staff members who help Oka students thrive in environments that are positive, engaging and focused on student learning. As principal, he works from the principle that students will do their best when they are connected to their classroom through academic challenge balanced with a setting that promotes positive character development. Whether in a classroom working with students, playing handball with children at recess, or in the computer lab, Mr. Miller is all about helping students grow as scholars and as people.

Before coming to Oka, Mr. Miller was at Talbert Middle School as assistant principal. Prior to Fountain Valley, he worked at Irvine Unified as a teacher and administrator at both the elementary and middle school levels. Mr. Miller and his wife, also a teacher, are parents of three children, all currently in elementary school. When away from the Oka campus, his favorite things to do include playing golf, volunteering at church and being a Dad!



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

9675 Warner Ave., Fountain Valley, CA 92708 • 714/378-4230 • www.uhpes-fvsvd-ca.schoolloop.com



Julie Ballesteros
Principal

Julie Ballesteros has been an educator for the past 16 years. She graduated with a Bachelor of Arts in education from Arizona State University. She began her career in education as a reading specialist in Phoenix, Arizona. Mrs. Ballesteros then returned to her hometown in California to teach kindergarten and first grade for nine years in the Glendora Unified School District.

Mrs. Ballesteros continued her education and received a Master of Arts in educational administration at Azusa Pacific University. This led her to becoming a Glendora middle school assistant principal for two years. She actually worked at the same school she attended as a child! This opportunity ignited her passion for educational administration.

Mrs. Ballesteros is now beginning her sixth year as the proud principal of Plavan Elementary School in the Fountain Valley School District. "I am blessed to work with an incredible staff and community that are truly committed to educating the minds and the hearts of all our students," she said. "My experiences in Fountain Valley have helped me grow as an educator, and I look forward to learning together again this year."

When Mrs. Ballesteros is not working, she enjoys spending time with her husband and daughter. They currently reside in Mission Viejo, where they love to go to the beach and spend time with family and friends

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

9101 Brabham Dr., Huntington Beach, CA 92646 • 714/378-4220 • www.talbertms.fvsvd-ca.schoolloop.com



Cara Robinson
Principal

Mrs. Cara Robinson returns for her fifth year as the principal at Talbert Middle School. She completed her undergraduate work at University of California, Berkeley. She earned her Master's degree in School Administration from Pepperdine University.

Mrs. Robinson began her career in education as a fourth grade teacher in Garden Grove Unified. She taught third and sixth grade at the elementary level before moving to Masuda Middle School in the Fountain Valley School District. There she taught sixth and seventh grade English and history teacher before being hired as Masuda's assistant principal and then later the principal.

Mrs. Robinson resides in Costa Mesa with her husband, her two children and her cat, Sophie. She loves decorating and writing and can't wait for the Angels to have a good season again!

Hisamatsu Tamura *Elementary (K-5)*

17340 Santa Suzanne St., Fountain Valley, CA 92708 • 714/375-6226 • www.htes-fvsvd-ca.schoolloop.com



Kathy Davis
Principal

As your new principal, I welcome everyone to the 2013-2014 school year. I am very excited to take over as the principal of Tamura, with its great traditions and commitment to high academic achievement.

I started my career teaching in the Westminster School District, and also began my administrative career working for two years as an assistant principal before I joined the Fountain Valley School District. This is my eighth year as a principal in the Fountain Valley School District. I served the last seven years as principal of Newland, and am absolutely thrilled to be joining an incredible staff and community support network.

As always, we will continue with our routines at school. It is important for you to keep stressing routines at home, too. These include having a quiet place for homework, reading for enjoyment at least 20 minutes a night, getting ready for school the night before so that the morning is not rushed, and finally, getting a good night's sleep.

A reasonable bedtime means that children age 11 years and younger require at least 10 hours of sleep. Working with your child to develop routines so that they are performed independently will help foster self-sufficiency, and are effective in giving them control over appropriate aspects of their lives. This is also developmentally appropriate for elementary-aged children.

Ocean View School District

17200 Pinehurst Ln., Huntington Beach, CA 92647 • 714/847-2551 • www.ovsd.org

SUPERINTENDENT



Gustavo Balderas

Gustavo Balderas is currently beginning his first full year as Superintendent of the Ocean View School District in Huntington Beach, California. Mr. Balderas began his tenure as Superintendent in January of 2013. Mr. Balderas has worked at every level in the public school system, spending 19 years in the Hillsboro School District in Hillsboro, Oregon, as an elementary school principal, middle school teacher and assistant principal, and high school teacher and counselor. Gustavo also served in both curriculum and instruction, serving as an executive director of school improvement and as an assistant superintendent of support services in the Hillsboro School District. This is Mr. Balderas's third year as a superintendent, previously serving as the superintendent of Madera Unified School District in the California Central Valley for the last two years.

Gustavo and his wife, Cindy, have two children. Miguel will be a freshman at the University of Puget Sound in Tacoma, Washington, and Diego will be a seventh-grade student at Marine View Middle School in the Ocean View School District. Mr. Balderas believes in serving the community in which he resides and has served on the Boards of several nonprofit organizations during his career.

Circle View *Elementary*

6261 Hooker Dr., Huntington Beach, CA 92647 • 714/893-5035 • www.ovsd.org



Carol Furman
Principal

Greetings from Circle View Elementary School! I am honored to be the new principal of a California Distinguished School, a Blue Ribbon School, and an amazing place for students to learn.

I have spent my entire career in the Ocean View School District, having taught in grades K–5 at Harbour View School before starting my administrative career at Marine View Middle School, where I served as assistant principal and principal.

Most recently, I was the principal at Westmont School for four years. I am blessed to be able to call the Ocean View School District my home, and feel lucky to have joined the wonderful

staff at Circle View! Circle View is an exemplary school that is driven by a dedicated and talented staff of teachers, an incredibly supportive community, and an enthusiastic set of students who are inspired by their own academic and social success.

I look forward to working closely with the staff and community to increase student achievement through focused, standards-based instruction, while also encouraging positive self-esteem and virtuous behavior. This year our students can look forward to having many opportunities to be honored for their outstanding behavior, academic excellence and exemplary attendance.

In addition, our teachers will be continuing the transition over to the Common Core State Standards. I am excited to be part of such an incredible team, and look forward to a fantastic year at Circle View. Go, Eagles!

Golden View *Elementary*

17251 Golden View Ln., Huntington Beach, CA 92647 • 714/847-2516 • www.ovsd.org



Elaine Burney
Principal

Mrs. Burney has been an educator for over 20 years. Starting off her career as a para-educator at an elementary school, she continued on her path and enjoyed teaching kindergarten-through-eighth-grade students. Working with such a wide range of students really gives her a great perspective of where students are headed and the expectations they face. Now principal of Golden View Elementary School, she couldn't be happier working at such a unique school.

"I have never worked at a school that has a farm and garden patch for each class before!" Mrs. Burney said. "It provides the students and families with such irreplaceable and wonderful

BOARD OF TRUSTEES



Debbie Cotton
President

Trustee Debbie Cotton was re-elected to the Ocean View School District Board of Trustees for a third consecutive term in 2012. Mrs. Cotton has lived in the Ocean View community for over 20 years and served as a trustee since 2004. She is an attorney and has a law practice in the community. Previously she taught at Western State University, College of Law and worked as a financial analyst for McDonnell Douglas. Mrs. Cotton lives with her husband and their two children. Mrs. Cotton is very involved in her children's school and the surrounding community. She is involved and donates much of her time to the Ocean View School District.

Ocean View School District Board of Trustees



Debbie Cotton
President



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Tracy Pellman
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College View *Elementary*

6582 Lennox Dr., Huntington Beach, CA 92647 • 714/847-3505 • www.ovsd.org



Kathy Smith
Principal

Mrs. Smith has been an educator for over 30 years and has taught high school and elementary school students. Mrs. Smith graduated from Western Michigan University in Kalamazoo, Michigan, with a Bachelor of Science degree in physical education with a minor in dance education and a master's degree from Alliant University. Her love of the performing arts has never wavered through the years, and her philosophy of education is embedded in the arts. She embraces and encourages participation in the arts to improve student achievement and to prepare students for the rigors of college and careers in the 21st century.

Mrs. Smith has been with the Ocean View School District for over 15 years, serving as classroom teacher, Title 1 intervention teacher and site principal at Hope View and College View elementary schools. During her tenure as principal, she has served as the principal advisor for the arts for the Ocean View School District, and she continues to advocate for arts education at the site, district and county levels.

Being a site administrator has been a hugely fulfilling experience for her. Through her association with the school and community, she makes a difference in children's lives each and every day. She is proud of the teachers and staff at College View, who make the most of the instructional day for each and every student. Mrs. Smith feels it is an honor to serve the Huntington Beach community where she has lived for the past 25 years with her husband and three children.

learning opportunities!" Students have "farm to table" experiences in the classroom, like eating their fresh organic produce. Not only are these delicious culinary experiences enjoyed by all but also students feel the pride involved from working hard and seeing the fruits of their labor.

In addition, the strong focus of students achieving academic excellence and the prosocial behaviors recently brought Golden View the distinct honor of receiving the California Distinguished School Award.

Mrs. Burney graduated from California State University, Long Beach, receiving her Bachelor of Science in business administration, marketing in addition to receiving a certificate in liberal studies. She received her Master of Science in administration from Pepperdine University. She currently resides in Fountain Valley with her amazing husband, two wonderful daughters and two cats. She enjoys reading, running, spending time at the beach and paddleboarding.

Harbour View *Elementary*

4343 Pickwick Cr., Huntington Beach, CA 92649 • 714/846-6602 • www.ovsd.org



Cindy Osterhout
Principal

Cindy Osterhout is entering her thirty-fifth year with the District. She has been the principal of Harbour View since 2007.

My name is Cindy Osterhout, principal of Harbour View Elementary School, a California Distinguished School honoree. Harbour View is fortunate to have highly qualified professional and dedicated staff members who are truly committed to providing our students with the best education in a caring environment.

The Harbour View staff is committed to meeting all learning needs for students, doing whatever it takes to ensure their success. We offer our students a full academic program that encompasses transitional kindergarten through fifth grade. In addition, we have full-time professional educators who teach and enhance learning in general music and physical education, and a wonderful library technician who supervises and implements our morning Homework Club daily from 8 to 8:25 a.m.

I am looking forward to a wonderful school year and carrying on the many traditions and programs that make this school so special, including our monthly Patriotic and Pelican Pride Assemblies and the I Caught You Being Good positive-behavior-incentive program. We are also very excited to roll out our new Accelerated Reader program, generously purchased by our incredible PTA.

Our rigorous academic program continues to produce students whose STAR test scores are in the upper 10 percent of the state. I am especially proud to have the opportunity to work with an amazing staff, incredible parent volunteers and bright, happy students.

Hope View *Elementary*

17622 Flintstone Ln., Huntington Beach, CA 92647 • 714/847-8571 • www.ovsd.org



Carrie Haskin
Principal

My name is Carrie Haskin, and I am looking forward to my third year as the principal of Hope View Elementary School. For the past 16 years, I have worked at both the elementary and middle school levels. As a support teacher and Cognitively Guided Instruction (CGI) coach for the Orange County Department of Education, I enjoy utilizing my strong passion for teaching and learning to influence academic success for all students.

After graduating with a bachelor's degree from California Polytechnic University, San Luis Obispo, I have gone on to earn my teaching credential, master's degree, reading credential, and administrative credential. One of my greatest accomplishments is becoming a Nationally Board Certified and Recertified Teacher. In my free time, I love to travel and read!

Having grown up in Barstow, I truly appreciate living in Orange County, where I have lived for the past thirty years. My husband, two amazing children, and I currently reside in Fountain Valley. My daughter attended the Preppie K program at Sun View Elementary School 16 years ago. I am delighted to once again be a part of the Ocean View team as an educator.

It is a pleasure to continue to work with such professional, strong, and effective teachers and support staff here at Hope View Elementary School. Our PTO, parent support, and community involvement help to make us a high-performing school with exceptional children. Together we make a difference as we map out the pathway to student success.

I am looking forward to another fun-filled successful school year. Hope you enjoyed your summer, and welcome back!

Lake View *Elementary*

17451 Zeider Ln., Huntington Beach, CA 92647 • 714/842-2589 • www.ovsd.org



Anna Dreifus
Principal

Anna Dreifus was born in Memphis Tennessee, which explains her love of barbeque and anything deep fried. Her family moved to California when she was five years old, living in Chula Vista, South Gate, and Lynwood and finally settling in Westminster. Anna met her husband, Bob, when they were students at Westminster High School. They have been married for 37 years and have two sons, Kyle, 26, and Ryan, 28. Mr. Dreifus teaches at Huntington Beach High School. They both enjoy living in the community in which they work. Even though she has southern roots, she considers herself a California girl.

Mrs. Dreifus was inspired to teach by her third-grade teacher. Her younger sister can attest to her dedication to the profession, as she was forced to play school constantly and Anna was always the teacher! She began her formal career as a teacher in the Norwalk-La Mirada Unified School District, where she worked for six years. She stayed home with her sons for eight years before returning to teaching in the Ocean View School District.

After teaching at Harbor View Elementary School for seven years, she was appointed to the position of assistant principal. She has served as an elementary principal for 13 years at Village View, Golden View, and, currently, Lake View Elementary Schools.

In her free time, Anna enjoys reading, traveling, hiking, and going to concerts. She and her husband added five more concerts to their list this summer!

Mrs. Dreifus is looking forward to another exciting school year!

Mesa View *Middle School*

17601 Avilla Ln., Huntington Beach, CA 92647 • 714/842-6608 • www.ovsd.org



Dr. Stephanie Henry
Principal

Dr. Henry served as an educator and school leader for 20 years at the high school level before she joined the OVSD team last year. She taught British and American literature for 13 years, and had many opportunities to develop her leadership skills as a department chair, aviation magnet program administrator, and curriculum specialist.

In 2011, she completed her doctoral degree and dissertation research on how Orange County principals used assessment data to improve student academic achievement. She is currently an adjunct professor at CSUF in the Secondary Education Department. As an instructor at the university level, she guides the development of teachers and school leaders, and leads them through the practice of researching a broad range of school-related issues.

Dr. Henry believes that, "This is a time of incredible promise and possibility in education. We are engaged in planning professional development as we transition to the Common Core State Standards, and are refining our curricula to reflect the knowledge and skills that our young people need for success in higher education and to compete in a global economy."

She also shared that she is excited about the new programs coming to Mesa View, including a robotics program and a peer-mentoring program called WEB (Where Everybody Belongs). Dr. Henry explained that these programs will build upon the meaningful learning environment that Mesa View has created over the years.

Outside of school, Dr. Henry values time with her husband and three teenage daughters. She enjoys traveling off the beaten track, socializing with friends, and pursuing creative interests.



A close-up photograph of two young girls with light brown hair, smiling warmly at the camera. They are wearing orange and pink clothing. The photo is set within a light blue oval frame.

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Marine View *Middle School*

5682 Tilburg Dr., Huntington Beach, CA 92649 • 714/846-0624 • www.ovsd.org



Shelley Morris
Principal

Shelley Morris is entering her second year with the District. I am so thrilled to be entering my second year as principal at Marine View. The last school year was full of so many successes, and I am very much looking forward to watching our Mariners set sail on a new set of goals and endeavors for 2013–2014. We have such an amazing family of students, teachers and staff members, as well as incredibly supportive parents, and I feel very fortunate to be working with this inspiring and talented community.

This school year our teachers will continue with their training for the Common Core implementation, and will work collaboratively within and across subject areas to provide students with the best learning opportunities possible. We will also continue our efforts to embed PBIS strategies into the school culture to help build the students' awareness of their roles at Marine View, and provide them with an opportunity to make good decisions both academically and socially. In addition to building upon the PBIS implementation, we will also be developing a plan to help our students track their growth in middle school through the implementation of student portfolios. Portfolios are excellent accountability tools that will allow the students to monitor their progress in academics, attendance, citizenship and personal growth. We have so much potential for continued excellence at Marine View, and I welcome what is certain to be another great school year. Go, Mariners!

Pleasant View *Ocean View Preparatory Preschool*

located at Pleasant View School, 16692 Landau Ln., Huntington Beach, CA 92647 • 714/845-5000



Paul James
Principal

Welcome to Pleasant View Elementary School and Ocean View Preparatory Preschool (OVPP). Ocean View School District is committed to providing high-quality educational programs to support student development and academic achievement. During the summer, we were very proud of the many ongoing programs we provided for our students. Some of our students were involved in our five-week Extended Summer Year Maintenance Program and others participated in our two week August Program. We also continued our summer program for OVPP. This 10-week session, called CAMP OVPP, was a huge success for our students, preparing them for the upcoming fall school year while having fun and focusing on a developmentally-appropriate academic curriculum. As we start our fifth year at Pleasant View, our outstanding team of gifted, talented, and dedicated teachers are committed to providing the foundations and nurturing needed to help our students achieve their “personal best.” If you have any questions about our programs, please call us at (714) 845-5000.

Star View *Elementary*

8411 Worthy Dr., Midway City, CA 92655 • 714/897-1009 • www.ovsd.org



Jamie Kinder
Principal

Ms. Kinder has been in education for 11 years. Before becoming a principal for the Ocean View School District, she taught fifth, sixth and seventh grades for five years; was an elementary school counselor for three years; and was an assistant principal for two years. Ms. Kinder is a dedicated educator and lifetime student. She received a BA from Cal Poly San Luis Obispo, an MS in cross-cultural education from National University, and an MS in school counseling from the University of La Verne. In her free time, you will find Ms. Kinder spending quality time with her family and friends. Ms. Kinder is excited to begin her second year as principal of Star View. She stated, “The dedication and creativity of the Star View staff makes our school a fulfilling learning environment for all students. We are here for the students, and that’s why I love my job.”

Oak View *Elementary*

17241 Oak Ln., Huntington Beach, CA 92647 • 714/842-4459 • www.ovsd.org



Laura Dale-Pash
Principal

Ms. Laura Dale-Pash has served as principal at Oak View Elementary School since 2011. Prior to Oak View, Ms. Dale-Pash worked in the Westminster School District as a teacher and student-achievement specialist. She has extensive training in the area of English learners and has also worked for many years providing professional development for new teachers. Ms. Dale-Pash graduated from Loyola Marymount University with an MA in Teaching English to Speakers of Other Languages (TESOL) and multicultural education, and a BA in liberal studies (elementary education) with a minor in psychology. She earned multiple-subject and Cross-Cultural Language and Academic Development (CLAD) credentials from Loyola Marymount University and an administrative-services credential from the Orange County Department of Education. Ms. Dale-Pash feels honored to serve the Oak View community. In addition to her 750 children at Oak View, she is the mother to six beautiful and accomplished children and has two grandchildren, with two more on the way.

Oak View *Preschool & Education Resource Center*

17131 Emerald Ln., Huntington Beach, CA 92647 • 714/843-6938 • www.ovsd.org



Joyce Horowitz
Principal

Miss Joyce Horowitz has been an educator and administrator for 37 years! She has taught at all grade levels, from pre-kindergarten to grade eight, and has worked in a variety of communities, including an American school in Venezuela, South America. Miss Joyce speaks Spanish and loves working with the children and families in the Oak View community. Attending several different colleges was an interesting part of Miss Joyce’s education. Whittier College, UC Irvine and California State University, Long Beach are among the schools that she attended. Since family literacy and parent education are an important part of Miss Joyce’s background, she continues to be closely involved in these programs at Oak View. When asked about her favorite part of working at the Preschool, Miss Joyce said, “It’s very rewarding to watch as children and their parents participate in many of the programs that we have to offer. The outstanding Preschool staff works very hard to include the entire family as their children prepare for kindergarten.” Miss Joyce lives in Westminster. She enjoys exercising, shopping, and discovering new restaurants with her friends and family.

Spring View *Middle School*

16662 Trudy Ln., Huntington Beach, CA 92647 • 714/846-2891 • www.ovsd.org



Jason Blade
Principal

Mr. Blade has been an educator in the Ocean View School District for over 14 years, having worked as a teacher, assistant principal and principal. He also grew up in a family of educators. His mother was a high school English and reading teacher in the Garden Grove School District, and his father worked as a school site and district administrator for various neighboring communities. Mr. Blade was born and raised in Southern California, and attended California State University, Long Beach. When asked what it’s like to be the principal of Spring View, Mr. Blade said: “The Spring View staff is totally committed to their students’ wellbeing. They are devoted to providing a safe and structured learning environment for all of our students, and at the same time they set high academic standards. I’m looking forward to another successful school year.” When Mr. Blade is not working he enjoys spending time with his family and friends, traveling, and coaching soccer and surfing as often as possible.

Sun View *Elementary*

7721 Juliette Low Dr., Huntington Beach, CA 92647 • 714/847-9643 • www.ovsd.org



Kristi Hickman
Principal

Kristi Hickman continues to be the proud principal of Sun View School, entering her fifth year in this leadership capacity. Over the past 16 years, she has served Ocean View as an instructional leader at three different schools within the Ocean View School District. As an administrator of instructional improvement, she has worked diligently at each school with differing socioeconomic communities to bring about necessary change, improvement and reform through creating a climate of trust and collaboration. Student-achievement and success through the vehicle of effective instruction, appropriate support and united efforts have been her guiding focus. State test-score results, including API, AYP and significant student subgroups, have increased dramatically at all three schools under her leadership and guidance. She is excited about the transition to the Common Core Standards and loves working in Ocean View because of the visionary leadership, high quality of caring and committed leaders—board members, teachers, staff and community members who put students first!

Sun View is pleased to enlarge the mighty team of talent by welcoming new staff members for the 2013–14 school year. Sydney Thompkins will be the teacher for our newly established primary Pathways Program for students in kindergarten through second grade. Miss Thompkins is new to Ocean View and has worked previously at Olive Crest Academy and Huntington Beach city schools. She has an amazing background and training in effective behavioral and instructional strategies that will greatly complement the Sun View learning community. In addition, Nancy Silva is the new English-language (EL) instructional aide; she replaces “Miss Gloria”—Gloria Jaramillo—who has a new home at Harbour View School. Finally, Sun View welcomes new school psychologist Noell Scott, who will work with our current school psychologist, Michelle Malden.

Village View *Elementary*

5361 Sisson Dr., Huntington Beach, CA 92649 • 714/846-2801 • www.ovsd.org



Kathy Tryon
Principal

Ms. Tryon has been in the field of education for more than 25 years. She has taught both at the elementary and middle school levels. Ms. Tryon was a student in the East Whittier City School District before returning as a teacher. Ms. Tryon worked for most of her career there, holding a variety of position including serving as the director of curriculum, instruction, and assessment, a learning specialist, and an assistant principal. Ms. Tryon was the principal at Ocean View Elementary School for four years and was the principal at Granada Middle School for a brief time prior to coming to Village View Elementary School.

A graduate of Chapman University, Ms. Tryon values higher education and the opportunities it allows. She has taught at California State University Long Beach and has done lots of training for the South Basin Writing Project. In her free time, Ms. Tryon enjoys her family and friends. She loves the beach and mountains and likes to walk and work out when she can get to the gym.

“We strive for excellence, and we continue to be kind, be safe, and be responsible in the classroom and on the playground,” Ms. Tryon shared. “Our families are so generous, and our community works together to make education a priority as we focus on enriching the lives of our students. I look forward to continuing our work together this year. Our professional and dedicated staff is working to implement the Common Core State Standards and will continue to achieve at the highest levels. It is my pleasure to continue as the principal at Village View!”

Westmont *Elementary*

8251 Heil Ave., Westminster, CA 92683 • 714/847-3561 • www.ovsd.org



Karen Sandors
Principal

Karen Sandors is entering her twenty-seventh year with the District. She most recently was the principal of Circle View School.

It's hard to believe that the warm, wonderful days of summer have passed so quickly and another school year has begun. I am excited and privileged to be the new principal of Westmont Elementary School, and I want to thank you for giving me the opportunity to work with your children. It is my honor to support and build on the success the teachers and staff have achieved over the years. I feel so fortunate to be part of a community that

has supportive parents, hardworking, caring staff members, and students who put forth tremendous effort to make our school wonderful.

The staff has been worked hard throughout the summer to get ready for this school year. Teachers put in countless hours getting their classrooms ready, creating inviting learning environments, and attending staff development sessions in order to prepare new and exciting lessons that are sure to motivate our students. Our wonderful custodial staff worked very hard to ensure that the children started the school year in a clean, attractive environment. Everyone is committed to reaching even greater heights through a continued focus on meeting the needs of each student. Working together as a team of students, parents, and staff, we can build a foundation for our scholars to be successful now and in the future.

I look forward to watching our Westmont Eagles soar to new heights!

Vista View *Middle School*

16250 Hickory St., Fountain Valley, CA 92708 • 714/842-0626 • www.ovsd.org



Amy Kernan
Principal

Amy Kernan has been the principal of Vista View Middle School for the past year and is very excited to start another great year with the Vista family. Ms. Kernan has been in education for over 12 years and has taught and held administrative positions at both the middle and high school levels. Ms. Kernan attended the University of Alaska, Fairbanks, where she studied marine biology. As a teacher, she specialized in biology, anatomy and physiology.

In her free time, Ms. Kernan enjoys spending time at the beach with her Bernese mountain dog and traveling to different parts of the world. She also frequently travels to Florida and the Bahamas to visit her parents.

Ms. Kernan is excited to be a part of the Vista View staff and is looking forward to another remarkable year. According to Ms. Kernan, “Vista is an amazing place to work because the staff, students and community are truly passionate about achieving academic success and assuring that the Vista students are ready to become leaders in our society. It is an honor to be able to be a part of such an exceptional school community.”



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On The Run

Ankle Sprains



Dr. Doug Richie

Long distance running is a relatively safe activity with many long term health benefits. Occasionally injuries will happen, and these are usually due to overuse or poor footwear. However, even runners are susceptible to the most common injury in sport: the ankle sprain. Ankle sprains remain one of the most poorly understood injuries and this may explain the fact that over 25% of all people who suffer an ankle sprain never fully recover and will go on to suffer long term problems.

Most ankle sprains occur in people who have suffered a previous sprain. This illustrates the problem that poorly treated first time sprains will commonly lead to recurrent sprains in the same individual. The old term notion that “it’s only a sprain” after an ankle injury is now outdated as we have learned that injuries to the ankle ligaments can be more serious than a bone fracture.

The message here is that all individuals should seek immediate professional evaluation of any ankle sprain, even if it appears benign. New techniques of protected immobilization of the injured ankle as well as functional rehabilitation therapy can almost assure a complete recovery. On the other hand, simply applying ice for a few days and wearing an ace wrap will potentially prevent healing of ligaments and lead to long term problems. Yes, it is recommended to apply the “RICE” treatment after an ankle sprain: rest, ice, compression, elevation. But this is only the beginning. Medical evaluation can determine if there is ligament damage to the ankle after a sprain, and will determine if long term bracing or physical therapy is indicated.

When ligaments fail to heal, athletes will have a constant feeling of a weak or unstable ankle. Furthermore, many unstable ankles will develop debilitating arthritis which is almost impossible to treat in later life. All of these negative effects from a simple ankle sprain can be prevented with proper medical evaluation and treatment.

Dr. Doug Richie is a sports podiatrist who has practiced in Seal Beach for 28 years. He is president of the American Academy of Podiatric Sports Medicine and serves as a medical advisor to U.S. A. Track and Field. 562/493-2451

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Kate Karp

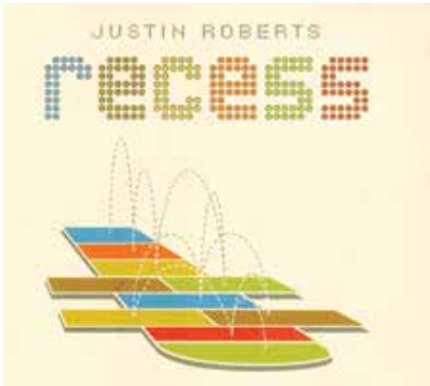
Recess is here, and just in time, too. Award-winning musician Justin Roberts, along with his Not Ready for Naptime players, has whipped up a whimsical collection of songs to play, imagine and relax along with and have a generally good time in the process. Just like recess.

Everyone, whether a dreamer or a doer, has a song here. “My Secret Robot” and “Otis” cocern a couple of most unusual imaginary friends—the name Otis is a clue to one of them. “The Princess Wore Pink” is a fantasy of how a gently subversive individual—OK, she happened to be a princess, so she had perks, but she used them for leadership—made a much-needed change to her town. “Looking for Trains” is a lovely, lilting song reminiscent of autumn evenings with an added flavor of Simon and Garfunkel. “Every Little Step,” dedicated to Roberts’s dog, Udo, sounds just like what a dog would think and feel: “There’s no trouble as big as my heart is wide.” And if you’re a teacher and “School’s Out (Tall Buildings)” doesn’t choke you up with happy tears, I don’t know what will.

The collection is available on CD, and there’s a limited edition that includes a pop-up robot and special web links for craft activities and bonus media.

Who among us hasn’t waited for that last enchanted click of the minute hand that rings the bell? Take a little break and enjoy *Recess*!

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



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Nutrition Update

Snacking Suggestions

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 your thirst I recommend Vitamin Water Zero® (lots of great flavors) 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

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Surf City News



Connie Boardman
Mayor

Once again, students and teachers are back at school. Before school started, teachers prepared their classrooms, and students bought all their new notebooks and other school supplies. Hopefully, all those purchases were made in the city of Huntington Beach, supporting local businesses and contributing to the overall health of our local economy. And hopefully, the products purchased had the environment in mind.

Don't forget that starting November 1, single-use plastic bags will not be used by stores in Huntington Beach. Now is the time to get in the habit of using your reusable bags when you shop.

For more great ideas on protecting the environment, be sure to visit the Green Expo on September 14. The expo features vendors with sustainable products and will be held at Pier Plaza.

Don't miss Surf City Nights on Tuesdays! This weekly street fair takes place along a closed-off section of Main Street in downtown Huntington Beach and features a certified farmer's market, live entertainment, food and merchant vendors, and children's activities.



Drive Carefully



Mark McCurdy
Mayor

It's hard to believe, but school is back in session again! That means that students are making their way to and from school when many are traveling to and from work. Let's be extra alert and conscientious when driving near schools. School-crossing times are from 7 a.m. to 8:35 a.m., 11:30 a.m. to 12:15 p.m. and 2:30 p.m. to 3:15 p.m.

The Fountain Valley Police Department will focus its enforcement efforts on speed and crosswalk violations near school-related intersections. According to the California Vehicle Code, Section 21100.3, Local Regulation of Traffic, "it is unlawful

for any person to disobey the traffic directions of a person appointed or authorized by a local authority to regulate traffic pursuant to subdivision (e) of Section 21100 when such appointee is wearing an official insignia issued by the local authority and is acting in the course of his appointed duties." Ignoring the presence and direction of a crossing guard is illegal and dangerous to our children and the crossing guards themselves.

With the onslaught of cars in our residential tracts during these peak hours, I think it's important to be good neighbors to folks who live on streets near our schools. Blocking driveways, speeding and double-parking are problems that crop up every year. Please consider carpooling or walking children to school.

I express my thanks for making our community's children your top priority. Also, let me compliment and thank all crossing guards for the great job they do. Have a great school year, Fountain Valley!

Please Drive Safely
Students are Back in School

Leadership 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 FHOW in subject line)

Entries must be received by October 15, 2013
From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

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Understanding

Congratulations to Geri McNulty and Deena Phan-Nguyen
Winners of the June Contests!

Word Search by Gunnar Coop

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

Westminster School District

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BOARD OF TRUSTEES



Mary Mangold
President

Mrs. Mary Mangold was re-elected to the Westminster School District Board of Trustees for a second, 4-year term in 2010. Education is her passion both personally and professionally. She has been a credentialed teacher for 28 years and earned a bachelor's degree in public administration from San Diego State University and a master's degree in education from Long Beach State University. Mrs. Mangold has served students in the Norwalk-La Mirada Unified School District for 26 years where she has taught grades 3 - 7, served as a BTSA mentor teacher and a social studies mentor teacher. She is also a very active member of the community and has been a Girl Scouts Troop Leader for 10 years. Mrs. Mangold has been a proud resident of Westminster for 17 years. She enjoys spending time with her husband and two daughters, who have attended Westminster School District schools.

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DeMille *Elementary (K-6)*

15400 Van Buren St., Midway City, CA 92655 • 714/894-7224 • www.wsd.k12.ca.us/demille.aspx



Shannon Villanueva
Principal

Learning is a treasure that will follow its owner everywhere.
—Chinese Proverb

Ms. Shannon Villanueva has been an educator in the Westminster School District for over 20 years, having taught both the elementary and middle school levels. She has been the principal at DeMille Elementary School four years.

Ms. Villanueva attended the University of California, Irvine, where she received her bachelor's degree in social ecology with a minor in vocal music and her multiple subject teaching credential. She received her master's degree from National University in educational administration and leadership.

When Ms. Villanueva is not working, she enjoys traveling, running, singing, reading, playing golf, going to baseball games, and spending time with her family and friends. When asked what it is like to be the principal of DeMille, Ms. Villanueva said, "Our mission statement reads, 'DeMille is a welcoming, caring community of staff, students, and families who work together to promote positive social behavior and high academic achievement.' I believe we truly are a welcoming and caring community. We have a supportive staff, dedicated parents, and super students. DeMille is a great place to work and a wonderful place to learn and grow."

Ms. Villanueva considers herself to be a lifelong learner, and she endeavors to instill the love of learning in her staff and students on a daily basis. "It is my hope to help fill the students' treasure chests with knowledge, curiosity, creativity, excitement for learning, and so much more," shared Ms. Villanueva.

Anderson *Elementary (K-6)*

8902 Hewitt Pl., Garden Grove, CA 92844 • 714/894-7201 • www.wsd.k12.ca.us/anderson.aspx



Dr. Lori Rogers
Principal

Dr. Lori Rogers has served as principal of Anderson Elementary School for the past five years. She has taught both elementary and university levels during her 25 year tenure in education. Lori is learning Spanish and Vietnamese in order to better communicate with the WSD families. She supports an active PTA group and recently provided a sensory/motor carnival for her 240 special needs students in extended school year during July 2013 at Anderson after four weeks of instruction. Lori strongly supports the Anderson staff with regular communication and activities to support student learning with a specific focus on science and technology. She is proud to say, "Anderson staff lives the vision of every student succeeding academically, emotionally and physically. The community could not ask for a more highly collaborative and committed group people to teach our Westminster School District students."

Dr. Rogers attended University of Southern California to complete her doctorate in Urban Educational Leadership in 2006. She studied at CSUF for her bachelor's and master's degrees and UCI to complete her teaching credentials. She enjoys traveling and spending time with her two college age daughters who are studying in Portland, Oregon and Budapest, Hungary.

Clegg School

6311 Larchwood Dr., Huntington Beach, CA 92647 • 714/894-7218 • www.wsd.k12.ca.us/clegg.aspx



John Staggs
Principal

Mr. John Staggs has been an educator for over 15 years at both the middle and elementary levels. Mr. Staggs is currently the principal of Clegg Elementary School and has been in this position for four years. He is very excited that Clegg opened its doors as a Science, Technology, Engineering, Arts, and Technology (STEAM) magnet school this year and looks forward to a great 2013–2014 school year.

Prior to beginning his time as principal of Clegg, Mr. Staggs served as the assistant principal at Stacey/Clegg School when Clegg was combined with Stacey Middle School as a K–8 school. His teaching years took place in Norwalk/La Mirada, where he taught seventh grade, as well as an at-risk class for middle school students. He later went on to serve as a Title I coordinator before moving into administration with the Westminster School District. While teaching, Mr. Staggs was very involved with sports programs throughout the district.

Mr. Staggs attended the University of Maryland at the campus in Munich, Germany, as well as California State University, Long Beach and Walden University.

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Eastwood *Elementary (K-6)*

13552 University St., Westminster, CA 92683 • 714/894-7227 • www.wsd.k12.ca.us/eastwood.aspx



Donna Brush
Principal

Mrs. Brush's educational career began in New York over 30 years ago. Little did she know at that time that she would still love her chosen career so many years later. She has had the opportunity to teach preschool, all elementary grade levels, and middle school while working in New York, Arizona, and California. She received her bachelor's and master's degrees from the New York State University at Oneonta and Stony Brook respectively and has attended the University of Arizona and National University while continuing her education.

Mrs. Brush joined the Westminster School District in 2006 as the principal of Eastwood Elementary School. From the moment she stepped on campus, she felt privileged to be a member of the school and community. It is a school where people create and respect a warm, friendly, and enthusiastic environment and where children and adults work together effectively. It is a school that is limited in funding yet rich in resources. Its most valuable resources are people—staff, parents, students, and community partners—all committed to the success and achievement of children. All stakeholders are focused on the need to help all students achieve high standards and provide all students with well-rounded educational experiences. This striving for excellence in education, using all partners, is the hallmark of Eastwood and the basis for Eastwood's success and continued improvement.

Mrs. Brush resides in Westminster and enjoys spending her free time with family and friends. When she's not busy with her grandchildren, she loves reading, golfing, and traveling.

Fryberger *Elementary (K-5)*

6952 Hood Dr., Westminster, CA 92683 • 714/894-7237 • www.wsd.k12.ca.us/fryberger.aspx



Dr. Hiacynth Martinez
Principal

Dr. Martinez is starting her seventh year as a principal in the Westminster School District, and at Fryberger School.

Prior to arriving at the WSD, she was a school administrator at the ABC Unified School District in the City of Cerritos. Dr. Martinez has also taught in the kindergarten through fifth grades at her previous school districts, which included Compton Unified, Norwalk-La Mirada Unified, and ABC Unified.

When Dr. Martinez is not working, she enjoys spending quality time with her husband, family, and close friends. In fact, Dr. Martinez will be expanding her family soon, as she and her husband are expecting a bundle of joy this fall!

When asked about how she plans to balance her professional life and become a mommy, Dr. Martinez shared the following: "My commitment to my students and staff has always been unwavering, and that won't change. I have always supported my staff and parent community's own "glows and grows" of parenthood, and I am confident they will support me in that same vein.

"I know my life's priorities will shift, but boy, am I looking forward to the adventures ahead as a mother, and to my continued work as a champion for students and the field of education!"

Dr. Martinez graduated from the University of Southern California, where she received her Doctor of Education degree in educational leadership. She also has a Master of Arts degree in multicultural education, and a Bachelor of Arts degree in business administration and management, as well as a minor in ethnic studies.

Finley *Elementary (K-5)*

13521 Edwards St., Westminster, CA 92683 • 714/895-7764 • www.wsd.k12.ca.us/finley.aspx



Maria Gutiérrez-García
Principal

Mrs. Gutiérrez-García has been an educator for over 30 years, having taught elementary, middle school and college students. Mrs. Gutiérrez-García is bilingual and studied at the University of Barcelona for one year while completing her BA from the University of California, Irvine.

When Mrs. Gutiérrez-García is not working, she enjoys traveling and experiencing new adventures that include foods, cultures and languages. When asked what it is like to be the principal of Finley, Mrs. Gutiérrez-García said, "It is wonderful to be part of a diverse community of learners where students, staff and parents work in partnership to continue to promote increased academic achievement. The teachers and staff are extremely dedicated, knowledgeable and innovative collaborators who host the OCDE Guided Language Acquisition Design (GLAD) training sessions throughout the year. I look forward to another exciting and successful year."

Mrs. Gutiérrez-García attended the University of Southern California and received her master's degree in Spanish while also completing her administrative credential in educational administration and leadership. She is currently a resident of Cypress and enjoys time with her husband and three sons on the soccer fields.

Hayden *Elementary (K-5)*

14782 Eden St., Midway City, CA 92655 • 714/894-7261 • www.wsd.k12.ca.us/hayden.aspx



Mark Murphy
Principal

Mr. Murphy has been an educator for over 15 years, all of which have been in the Westminster School District. He began his teaching career at Schroeder Elementary School, where he taught second, third, and fifth grades. He then became a Student Achievement teacher for the district and had the privilege of working at many of the schools in the district. He began his administrative career at Stacey Middle School as the assistant principal until he was assigned to Hayden Elementary School three years ago. He recently began his second full year as the principal of Hayden.

Mr. Murphy is also a proud former student of the district. "I am extremely proud and honored to be working in the same district that has taught me so much," Mr. Murphy said. "I am very excited to have the opportunity to pass on the knowledge I have obtained throughout my years in the Westminster School District."

Mr. Murphy also has a sister who is a principal in Tustin who deserves a great deal of credit for where he is today. He currently resides in Huntington Beach and enjoys jogging and mountain biking.

Meairs *Elementary (K-5)*

8441 Trask Ave., Garden Grove, CA 92844 • 714/372-8800 • www.wsd.k12.ca.us/meairs.aspx



Kathy Kane
Principal

Mrs. Kane has been an educator for more than 30 years. During that time she has taught at the elementary and middle school levels in both public and private schools. After many happy years in the classroom Mrs. Kane went back to school to get her Master's Degree in Educational Administration and her administrative credential. For the last 13 years she has served as a principal in the Westminster School District at both elementary and middle school sites. She is very excited to begin her third year at Iva Meairs Elementary School where their motto is "Always do Your Best!" Mrs. Kane says, "The students and staff at Meairs work hard to do just that. The teachers challenge their students with rigorous curriculum and the students take that challenge and, with the support of their families do their very best. We have a lot of fun too!" Mrs. Kane is a local girl. She is a graduate of Orange Coast College, and received her Bachelor of Arts and Masters degree from California State University, Long Beach. When not busy with school Mrs. Kane enjoys spending time in the great outdoors camping, hiking and biking with her husband, four children and three dogs.



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Johnson *Middle School (6–8)*

13603 Edwards St., Westminster, CA 92683 • 714/894-7244 • www.wsd.k12.ca.us/johnson.aspx



Andre Illig
Principal

As your new principal at Johnson Middle School, I want to extend a warm welcome to our students, staff and families. I was drawn to Johnson Middle School for its rich diversity and strong commitment to quality education. By working together, I know we can make our school a thriving, positive and welcoming learning environment for all students while also building student skills in communication, collaboration, creativity, civility and critical thinking to enable success in school and prepare every student to live and work in the 21st century.

To introduce myself, here is a brief look at my experience and education. For the past three years, I was assistant principal at Mesa View Middle School in Huntington Beach. Prior to that, I worked many years as a high school science teacher in chemistry, biology and general science and as a teaching administrator at Capistrano Unified. My classroom became the lab where all students could learn and apply real practical scientific skills to daily life.

As a school leader, I worked with teachers to refine their practice and infuse rigor and relevance into the classroom. I also helped develop a safe, nurturing school climate where students demonstrate respect for themselves and others.

I earned undergraduate degrees in chemistry and German at the University of Minnesota. I accepted a position as a medicinal chemist in San Diego, and after a few years of research, I transitioned into education. I received a teaching credential at Point Loma Nazarene University, followed by postgraduate studies in education at San Diego State University and Claremont Graduate University.

I have lived near the Westminster school district for the past few years with my wonderful, supportive wife and two active sons. Any time not spent at school is enjoyed with my family.

My experience in the science industry and teacher development coupled with real-world classroom-teaching experience will make me a perfect fit to lead the outstanding staff at Johnson Middle School.

Schmitt *Elementary (K–5)*

7200 Trask Ave., Westminster, CA 92683 • 714/894-7264 • www.wsd.k12.ca.us/schmitt.aspx



Paul Andre White
Principal

Mr. White is going into his 13th year in public education having spent time at the elementary, middle and high school levels. Mr. White is bilingual and lived in French speaking African nations and France for a number of years during his childhood.

When Mr. White is not working he enjoys spending time with his family playing Legos and building sand castles in the backyard. When asked what it is like to be the Principal of Schmitt, Mr. White said, “The Schmitt Elementary School staff is totally committed to the success of our students and as a result, our API continues to climb. Everyone loves the work they do and we have a good time working together creating the best learning environment possible for our students. I am very much looking forward to another successful school year.”

Mr. White attended California Lutheran University in Thousand Oaks, CA and received his Masters degree from California State University Fullerton in Educational Leadership.



Land School

15151 Temple St., Westminster, CA 92683 • www.wsd.k12.ca.us
714/894-7311 Student Services • 714/898-8389 Child Development



Beverlee Mathenia
Director Child Development Programs

Ms. Mathenia has been in the field of education for over 25 years, having taught in both private- and public-school settings. Ms. Mathenia also volunteers her time as a parent educator for the Orange County Sheriff’s Department, teaching incarcerated mothers the basics of parenting.

When asked what it’s like to be an administrator at Land School, Ms. Mathenia said, “Land is a very unique place, providing educational services to over 350 special education and general education children between the ages of 6-months and 5 years. Our school’s mission is to prepare each child for kindergarten success and beyond—we accomplish this by providing an excellent instructional program and using digital learning tools in every classroom. The entire school staff works

hard to make sure we achieve our mission and is very excited about the new school year.”

Ms. Mathenia attended California State University, Fullerton, and has her master’s degree. She enjoys web designing in her spare time and volunteering at her church. She lives in Garden Grove with her husband and has two daughters.



Reagan Lopez
Administrator Student Services

Ms. Reagan Lopez is the Administrator of Student Services for the Westminster School District. She has worked in special education for over 10 years. She started as an instructional aide before becoming a special education teacher.

The thing she enjoys most about her job is providing educational services for all children. She works with a great team at Land School. The Land staff is collaborative, focused, and passionate about their students’ success. Ms. Lopez is looking forward to another great school year!

Ms. Lopez received her B.A. from Cal Poly Pomona and her Masters degree from University of La Verne. In her free time, she enjoys spending time with family, friends, and her pets. She is also an avid lover of nature and enjoys hiking.

Schroeder *Elementary (K–6)*

15151 Columbia Ln., Huntington Beach, CA 92647 • 714/894-7268 • www.wsd.k12.ca.us/schroeder.aspx



Kim Breckenridge
Principal

Mrs. Breckenridge is excited to start her sixth year as the principal of Schroeder Elementary School in the Westminster School District (WSD). As a graduate of the WSD, it’s great to be home, where Mrs. Breckenridge has had the opportunity to be a student, teacher, and administrator.

Mrs. Breckenridge obtained her bachelor’s degree and teaching credential from Westmont College in Santa Barbara, California. She earned her master’s degree and administrative credential at California State University, Long Beach. She has held many different positions in her 20 years in education and worked in five different schools in two different districts. She has been honored with the PTA Honorary Service Award twice, as well as Teacher of the Year at Willmore Elementary School.

Mrs. Breckenridge is excited about the 2013–2014 school year. Schroeder will maintain its rigorous student education with a focus on writing. The Mustang motto, “Be Respectful, Be Responsible, Be Safe,” will continue as the behavioral expectation for all. This year will be the best to date!

Happy Halloween



Sequoia *Elementary (K-6)*

5900 Iroquois Rd., Westminster, CA 92683 • 714/894-7271 • www.wsd.k12.ca.us/sequoia.aspx



Shay Reardon
Principal

Mrs. Reardon began her teaching career in 1996 with the Corona-Norco Unified School District. While teaching in Corona, she also earned her master's degree in educational administration at California State University, San Bernardino. In 2001, she joined the Westminster School District. She has had the pleasure of teaching second, third, fourth and fifth grades and was also a student achievement teacher. In 2011, she became the assistant principal of Stacey Middle School.

This school year, Mrs. Reardon has joined Sequoia Elementary staff as the new principal. She is excited and honored to start the new school year with such an amazing and dedicated team.

Mrs. Reardon is a resident of Huntington Beach and enjoys spending time with her husband, two sons and dogs. She is also an avid reader who enjoys reading both fiction and nonfiction material. She is extremely excited about a fantastic 2013-14 school year!

Stacey *Middle School*

6311 Larchwood Dr., Huntington Beach, CA 92647 • 714/894-7212 • www.wsd.k12.ca.us/stacey.aspx



Heidi DeBritton
Principal

Mrs. DeBritton has worked in the Westminster School District for 22 years. She began her career in WSD as an eighth-grade English language arts and social science teacher at Stacey before moving to an administrative position in 1998. She has been the assistant principal of Warner Middle School as well as the principal of Schroder Elementary, Johnson Middle and Stacey Middle schools.

Mrs. DeBritton has taught in both the Ocean View and Huntington Beach City school districts. She also attended Stacey Middle School as a student and then went to Marina High school and the University of California, Irvine. She received her master's degree in educational administration from the United States International College. She has two wonderful daughters and a 17-month-old grandson. She resides in Huntington Beach and enjoys gardening, reading and spending time with her family. When asked what it is like to be the principal of Stacey, Mrs. DeBritton said, "The Stacey community works together to ensure the best education for our students. We are committed to excellence."

Warner *Middle School (6-8)*

14171 Newland St., Westminster, CA 92683 • 714/894-7281 • www.wsd.k12.ca.us/warner.aspx



Matthew Skoll
Principal

Mr. Matthew Skoll just began his fifth year as principal of Warner Middle School. Prior to that, he was the assistant principal at Warner for three years. Before coming to Warner, he worked at Sussman Middle School in the Downey Unified School District. While at Sussman, Mr. Skoll taught math at all grade levels. He also taught English and was the activities director. Mr. Skoll received his bachelor's degree in political science from California State University, Long Beach and his master's degree in educational administration from California State University, Dominguez Hills.

When he is not working at Warner, Mr. Skoll spends time with his wife of more than 17 years and his two children, ages 10 and 12. His hobbies include watching sports, especially the Dodgers and University of Southern California Trojans, spending time with his children, and technology projects on his home computer. Relaxing and doing nothing is one of his favorite activities.

Mr. Skoll is excited about this school year and the beginning of Warner's new Science, Technology, Engineering, Arts, and Math (STEAM) magnet program and the completion of Measure O bond construction. A new gymnasium and a science and exploratory building are ready for students this year.

Webber *Elementary (K-6)*

14142 Hoover St., Westminster, CA 92683 • 714/894-7288 • www.wsd.k12.ca.us/webber.aspx



Orchid Rocha
Principal

Ms. Orchid Rocha has been an educator for over 23 years having taught both elementary and middle school students. Ms. Orchid Rocha is a certified bilingual teacher (BCLAD) with a Master of Arts in Multicultural Education. She has served the Westminster School District for the past six years as a principal for Webber Elementary School. The majority of her work in education was spent in the Downey Unified School District as a bilingual teacher, GATE Teacher, Title I Teacher Specialist, ELD Teacher Specialist, Literacy Coach, Parent Education Trainer, Vice-Principal, Acting Principal and BTSA Mentor.

Ms. Rocha attended UCLA and received her Bachelor of Arts degree in Psychology. At UCLA, Orchid Rocha volunteered her time working with underprivileged children as a counselor through UniCamp; tutoring students at a nearby juvenile detention center; and spending time with children who were victims of abuse (project MAC). Her teaching credential and M.A. in Multicultural Education were completed at California State University, Dominguez Hills. The Administrative Credential program was completed through Point Loma Nazarene University.

On a personal note, Orchid Rocha is happily married and proud parent of two daughters attending public schools in 6th grade and 11th grade. She enjoys helping her daughters with their schoolwork and taking them to their various extra-curricular activities. For the past five years, she has also enjoyed being part of her neighborhood Cypress Book Club.

Ms. Rocha is honored and humbled with the experience of leading a school. She looks forward to continue learning from the Webber community as they continue to work as a powerful team that makes LEARNING a great experience for all children.

Willmore *Elementary (K-6)*

7122 Maple St., Westminster, CA 92683 • 714/895-3765 • www.wsd.k12.ca.us/willmore.aspx



Rob McKane
Principal

Mr. McKane has been an educator for over 13 years working with both elementary and middle school students. This is Mr. McKane's 5th year at Willmore.

When Mr. McKane is not working he enjoys spending time at the beach. When asked what it is like to be the Principal of Willmore, Mr. McKane said, "The Willmore Elementary School team is totally committed to rigorous instruction leading to high academic achievement. At the same time, the entire Willmore team is able to balance the strong drive for success with a wonderful sense of fun. The teachers are extremely professional and incredible collaborators. I am looking forward to another successful school year."

Mr. McKane attended California State University Long Beach where he earned his Bachelor of Arts degree and Teaching Credential. He earned his Master of Science degree from Pepperdine University in Educational Administration and Leadership.

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Huntington Beach Union High School District

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SUPERINTENDENT



Dr. Gregory S. Plutko

E=MC²—Education equals motivation times communication squared. This has been the cornerstone equation of my educational philosophy since my very first days as a teacher. As one of six children, I quickly learned that school and education were always an important part of the Plutko home. My father served as a high school teacher and principal, and many of my favorite childhood memories revolve around time spent on a school campus. I'm sure that is part of the reason I chose to attend Azusa Pacific University and become a teacher. It was at Azusa Pacific University that I also continued my education, receiving a master's degree in educational administration.

Some of my first teaching assignments were in Glendora Unified School District, where I taught middle and high school history and English. I was also fortunate to begin my basketball coaching career while at Glendora and during that time experienced three CIF titles. In 1993 I received my first administrative appointment as the assistant principal of Goddard Middle School in Glendora, before moving on to become the assistant principal at Glendora High School in 1995. A few years later I was privileged to serve as a principal, returning to Goddard Middle School, followed by the opportunity to lead Glendora High School as principal in 2002.

Always desiring to further my education and experience, I chose to attend the University of La Verne (ULV) to participate in the doctoral program for organizational leadership. I graduated from ULV while being recognized as class salutatorian. Currently I teach as an adjunct professor in the very same La Verne doctoral program.

As my educational career progressed, I served as the assistant superintendent for educational services in the Walnut Valley Unified School District. My career then turned to the Inland Empire, joining the Corona-Norco Unified School District (ninth largest in the state) as the deputy superintendent. During my tenure with Corona-Norco, the district was twice named a finalist for the Broad Prize for Urban Education.

I met my wife, Mena, in first grade—yes, first grade—and we began “going” by the end of eighth grade and dated until we married after college. We have been married 28 years and have two adult children Sara, a student at the University of Oregon, and Adam, a student at the University of California, Los Angeles.

I am very proud of our district! The Huntington Beach, Fountain Valley, Westminster, and Ocean View school communities of students, teachers, staff, and families should always be commended for their efforts in advancing education.

BOARD OF TRUSTEES



Bonnie P. Castrey
President

Ms. Castrey is an internationally recognized Dispute Resolver who has a Juris Doctor degree from WSU as well as her BS and PHN in nursing from CSULB. Dr. Castrey maintains a private dispute resolution practice. She has mediated, arbitrated and chaired fact finding matters in over 2000 thousand cases since 1975 in the public, federal and private sectors. As a Presidential Appointee, from 1995 -2000, she was a Member of the Federal Service Impasses Panel and when reappointed, she chaired the Panel from 2000 to 2002. She has received many honors and recognition awards, including a Life Time Service Award from LERA for her service to both her community and her professions.

She is a strong advocate for Public Education, which she believes is one of the pillars of our democracy. Bonnie strongly advocates all co-curricular programs as they help students build confidence, leadership skills and interest in life long education. Bonnie serves on many statewide committees and coalitions to support our schools. Among her leadership roles, Bonnie was the International President of the Society of Professionals in Dispute Resolution, President of the Orange County School Boards Association and the Founding President of the Orange County Industrial Relations Research Association. Currently she serves on the Board of the National Labor Employment Relations Association. As a Member of the Delegate Assembly of CSBA since 1986, she has served on many committees and is currently the elected Chair of the 2013 Nominating Committee.

Edison *High School*

21400 Magnolia Ave., Huntington Beach, CA 92646 • 714/962-1356 • www.edisonchargers.com



Dr. D'Liese Melendrez
Principal

Dr. D'Liese Melendrez has been an educator for over 35 years, having taught high school theater, English and stage craft. She has been an administrator for 26 years at a variety of schools, including the Los Angeles County High School for the Arts at Cal State L.A., the LACOE alternative education programs and Juvenile Court/Community Schools, and the Huntington Beach Union High School District.

As principal of Edison for eight years, Dr. Melendrez likes to describe her school as a small town full of hard-working and dedicated students, staff and families. She is proud that the entire Charger staff is dedicated to excellence in everything they do. As a “Three A's School” they always strive to be the best in academics, arts and athletics.

Dr. Melendrez feels that what makes Edison unique is the character development that is stressed in every corner of the campus, as well as the open inclusion and support within the general student population for the special needs students. Charger pride and compassion oozes everywhere, and you can feel it when you step onto the campus.

The school is proud of its past accomplishments, but looks forward to the challenges that lay ahead: to see that every Charger graduate will be college and career ready. Everyone is anticipating a very exciting and successful school year.

Dr. Melendrez attended CSULB for her teaching credential and B.A. in theater. She received her master's and doctoral degrees in educational leadership at the University of La Verne. She resides in Lakewood with her husband and two sons, and enjoys volunteering at her church, singing in a quartet, and spending time with her family and friends.

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Coast *High School*

17321 Gothard St., Huntington Beach, CA 92647 • 714/848-5160 • www.coasthighschool.com

Community Day School

1022 Westminster Mall, Westminster, CA 92683 • 714/799-1414 • www.hbusd.org

Huntington Beach *Adult School*

17321 Gothard St., Huntington Beach, CA 92647 • 714/842-4227 • www.hbas.edu



Steve Curiel
Principal

Steve Curiel began his career in education as a science teacher in the Downey Unified School District, where he taught at Warren High School for five years. During this time he taught a variety of science courses, including the physical and life sciences, physics, and NetPrep (computer network systems). He was part of a cohort of teachers who worked with at-risk children to help ensure a successful high school experience and prepare them for college. This was in many ways a precursor to the current AVID program.

Mr. Curiel also helped lead Warren through the Digital High School grant process and implementation. During his final year of teaching, he served as a Teacher on Special Assignment (TOSA) to support the implementation of district-wide technology.

Seeing an opportunity to serve the field of education in a broader capacity, Mr. Curiel applied for and was hired as vice principal of the Downey Adult School. During his eight years there he oversaw the career training program, the adult high school diploma program, and the community education fee-based program.

As vice principal, he also helped the Downey Adult School implement its first medical assistant and LVN programs. He modernized its network and Web site, played a vital role in getting the school approved to offer Pell Grants, and led the strong, overall growth of the facility for seven consecutive years.

Mr. Curiel then arrived at the Huntington Beach Union High School District as an assistant principal in January of 2008. As the administrator of the English as a Second Language program (ESL), which served over 3,500 students per year, Mr. Curiel worked closely with staff to implement a hybrid distance-learning program, improve student test performance, increase federal funding, and expand opportunities for professional development.

In the fall of 2010, Mr. Curiel was offered the privilege of becoming principal of the Huntington Beach Adult School and Coast High School. In the fall of 2011 he was also given the privilege of becoming the principal of the Community Day School.

During the past three years Mr. Curiel has focused on streamlining programs to give students better and easier access. He has strived to increase district and community awareness of each program, concentrated efforts on measurable results, and expanded the collaboration between different program areas in order to identify and share best practices.

Mr. Curiel lives in Mission Viejo with his wife and three children. His oldest child will be attending Cal Poly San Luis Obispo in the fall. His two other children attend the Capistrano Unified School District. Mr. Curiel received his B.A. in social sciences, and his secondary teaching and administrative credentials, from the University of California, Irvine. He later received his master's degree in business administration from Cal State Dominguez Hills.

Mr. Curiel is also bilingual in Spanish, and enjoys working out and playing video and board games with his children.

Fountain Valley *High School*

17816 Bushard St., Fountain Valley, CA 92708 • 714/962-3301 • www.fvhs.com



Chris Herzfeld
Principal

Chris Herzfeld is in his tenth year as principal of Fountain Valley High School. Mr. Herzfeld was an assistant principal at FVHS from 2000–2004. He began his teaching career at Sierra High School in Colorado Springs, Colorado, where he taught social studies in a program for students who were at risk of dropping out.

During his seven years at Sierra he was also the head coach for girls soccer. Chris and his wife Tami later moved to Denver, where Chris continued teaching social studies and Tami worked as a yearbook service representative for a local company. Chris completed his master's degree and administrative credential program at the University of Colorado at Denver, and then became assistant principal at Ranum High School, where he was already a teacher.

In 1999, Chris and Tami moved to Tami's homeland of Orange County. She continued working on yearbook production while Chris took a position as assistant principal at Ocean View High School in the Huntington Beach Union High School District.

Chris still enjoys many outdoor pursuits, such as surfing, mountain biking, skiing, snowboarding and the occasional round of golf. Tami is an avid mountain biker and sometimes-skier herself. Chris and Tami have a three-year-old daughter named Ruby who keeps them laughing and young at heart.

Mr. Herzfeld says proudly, "Fountain Valley High School is an amazing place. I am so fortunate to be able to work with such a professional staff in a great little city where students and parents care about education and their community."

He added, "I don't go to work, I go to FVHS!"

Huntington Beach *High School*

1905 Main St., Huntington Beach, CA 92648 • 714/536-2514 • www.hboilers.com



Dr. Rocky Murray
Principal

Education and sports have played an integral part in my life. Couple those things with family, and they essentially define who I am and what my life is all about. I grew up in North Bend, Oregon, and my parents continue to make the Oregon coast their home. Spending my formative years on the coast of Oregon enabled me to spend a lot of time with my family in the outdoors, experiencing things many can only dream about. After high school, I was fortunate to receive a full athletic scholarship to Washington State University (WSU) to play baseball. During my years at WSU, I met my wife, Krista, who also was a scholarship athlete competing for the women's volleyball team. We both earned our bachelor's degrees from WSU, mine in English and Krista's in psychology. Krista grew up moving back and forth between Colorado and Orange County. After graduating from college, I followed her to California, and we have been here ever since.

I began my career in education as a teacher and coach at Dana Hills High School. I worked there for 10 years as a teacher, coach, athletic director, and finally an assistant principal. After my years at Dana Hills, I served another four years as an assistant principal at Capistrano Valley High School. During my third year at Capo, I enrolled at the University of Southern California (USC) to pursue my lifelong dream of obtaining a doctoral degree in educational leadership.

The next phase in my career came when I was selected to be the principal of Huntington Beach High School (HBHS). Last year was my first year at HBHS and also the year I completed my doctorate degree from USC. I am elated to be a part of the Huntington Beach Union High School District and look forward to a long, healthy career in this amazing school district.

Along with my wife, I have two other very important people at the center of our family. I have a beautiful 10-year-old daughter named Peyton, and a handsome eight-year-old son named Kade. Our house is much like many living here in Orange County; there really is no such thing as down time. Our children are involved in many activities and keep us moving. Aside from all of their sports, they love coming to HBHS and supporting our students and school as they compete and perform in so many ways. They too have quickly learned to love HBHS.

I look forward to a successful year at HBHS and helping make our school the best!

Go, Oilers!



Marina *High School*

15871 Springdale St., Huntington Beach, CA 92649 • 714/893-6571 • www.marinavikings.org



Dr. Paul Morrow
Principal

What better experience could one ask for in a principal than to have one who has been both a teacher and administrator at the elementary, middle and high school levels? Dr. Morrow is a principal who has done just that! He began his career in the Centralia School District, working in both regular curricular programs and Special Education. From there, he moved onto the Charter Oak Union High School District, where he worked as a resource specialist teacher at both the middle and high school levels, as well as coaching both tennis and wrestling.

His first administrative experience was at Glen Oak Elementary School. Following that, he was placed as the principal of the Charter Oak Unified School District's "School of the Future," Washington Elementary School. His career continued to expand with his move to the Huntington Beach City School District, where he served as the principal of Moffett Elementary School for four years. Dr. Morrow was then asked to take on the assignment of middle school principal at Isaac Sowers Middle School, where he remained for 15 years. During that time, Sowers Middle School not only was awarded the title of a California Distinguished School but also earned the prestigious National Blue Ribbon School Award of Excellence!

His career goals were by no means over as he set his eyes on a principalship at the high school level. He was next employed by the Huntington Beach Union High School District (HBUHSD) as the principal of Marina High School, where he has remained for the past seven years. Since he joined the Viking Nation, Marina has earned the title of California Distinguished School and had a number of teachers and programs received outstanding recognition, including California League of High Schools Teacher of the Year, HBUHSD Teacher of the Year, and numerous athletic Sunset League and CIF Championships.

Marina High School prides itself on being a school focused on preparing its students for success in college and careers post high school. With impressive Advanced Placement programs, an innovative daily schedule that guarantees tutorial time for its students, extremely strong mathematics, science, social studies, world language and English programs, and a rich elective program, Marina brands itself as "The School That Has It All." Marina is a school where everyone feels known and cared for. Its professional and highly competent staff members believe students are the future and take seriously their responsibility to help students achieve success in both their personal and professional lives.

In his spare time, Dr. Morrow enjoys surfing, where he has been recognized in the International Surfing Hall of Fame. Dr. Morrow is the director of the National Scholastic Surfing Association Jr. competitive surfing series. He also enjoys trekking up mountains in unique and far off places, such as Mt. Everest, Mt. Kilimanjaro, and just recently Mt. Salkantay in Peru, where he was able to visit Machu Picchu. He also enjoys flying airplanes, scuba diving, and sailing and is an active participant in his church, Rock Harbor, in Costa Mesa.

Ocean View *High School*

17071 Gothard St., Huntington Beach, CA 92647 • 714/848-0656 • www.ovhs.info



Dan Bryan
Principal

As a lifelong learner, I care deeply about the futures of the students of Ocean View. After graduating from Lakewood High School in Long Beach, I earned my bachelor's degree in English from California State University, Long Beach (CSULB) and my master's degree in educational administration from Azusa Pacific University. I am currently attending CSULB to fulfill requirements for my doctoral degree.

I have been fortunate to have access to educational opportunities, and I care deeply about providing college-preparatory access and opportunity for all students. At Ocean View High School (OVHS), we have found that students start thinking of themselves as college material if they do things college-ready students do. Two years ago, less than 100 students took the Preliminary Scholastic Aptitude Test (PSAT). Last fall, 716 sophomores and juniors took it at no cost to them. (Thanks, PTSO!) That is a significant improvement, so we plan to offer the same opportunity this October.

The school received a report for each student who took the test. That report showed which Advanced Placement (AP) courses the student would do well in, based on their PSAT scores. The conversations we had with students about their college paths were so much more relevant when we could show them encouraging data! As a result, our enrollment in college-preparatory AP courses, International Baccalaureate (IB), and Honors courses has been skyrocketing! Last year, we ordered 103 more AP tests than the previous year, and the pass rate increased overall!

A big goal in our district is to increase college readiness by ensuring our graduates meet the A-G requirements for University of California (UC) enrollment. Our percentage of graduates meeting these requirements has steadily risen 10 percent over the past three years. Studies show that students who require no remediation in college, finishing high school satisfying the UC admission requirements, are 41 percent more likely to finish college.

I know what we did to make these things happen for our students. We will do them again this year. I'm on the lookout for more ways to increase access, opportunity, and support all the time, for all our students. I care about improving these things.

My experience as an educator has given me the background to support the OVHS students. I taught English and coached baseball for 10 years at Downey High School before becoming the assistant principal at Nogales High School. I later moved to the position of assistant principal at Westminster High School before coming to Ocean View.

I'm in a unique position to understand the needs of OVHS students. Besides my experience as an educator, I am also an OVHS parent. Two of my three sons are taking the OVHS path toward college and career readiness; the third is in middle school, and I hope he will also be able to attend OVHS. I could not be happier or more confident that they will be ready for the future, just like their classmates.

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Kerry Clitheroe
Principal

As a history major in college, I focused on the United States and California. I wanted to know more about the country and place where I was born and raised. What I really liked about history was understanding the complex factors that contributed to shaping events, decisions and social change. Personalities, politics, economics, religion, culture, tradition, changing social values, communications and technology all interact in different ways to produce “history.” The same is true of an alternative high school community: the historical outcome we strive for is the academic and personal success of our at-risk students.

I quickly gravitated toward alternative education in my teaching career because I liked the personal interaction with students and the challenge of helping them turn around their academic fortunes. It was also apparent that academic success would significantly contribute to personal success for most of them. I came to realize that in order to have a greater impact on students, I would need to progress in my career. My master’s in educational administration focused on leadership and instructional methods. I particularly enjoyed learning how to match individual staff-member personalities to collaborative and instructional assignments.

I don’t think any principal really understands what they’re getting into on their first day as principal. I know I didn’t 10 years ago. Here’s what I’ve learned about the place and the community that is Valley Vista High School.

By far, the most important element of our success is the quality and commitment of our instructional and support staff. The teachers need to be expert in their area, flexible in their teaching methods, collaborative by nature, and most importantly, sincerely interested in our unique students. The teachers also need to support one another, and the professional and clerical staffs need to proactively and sensitively support all of the other members of the community, including teachers, students, parents and the outside community who interact with us. We’ve learned to embrace educational technology, including Smart Boards, Chromebooks and the use of social media in the classroom and at home. We’ve learned that our students respond very well to innovative, integrated curriculum, including art assignments in core classes and multimedia research and presentation assignments that promote literacy, and self-confidence. I’ve learned that our students care about what’s happening in the world and in their community and are eager to learn more and get involved. And I’ve learned that the academic environment—our site and facilities—is an integral part of who we are and what we do.

I am so fortunate to be able to lead a community where I know every senior by name and all of their histories, and watch more and more of them graduate each year. I’m even luckier to be a part of a truly supportive community of colleagues and friends who share the same commitment to our students’ success. I’m also blessed with the love and support of a wonderful husband, an incredible daughter and two very special cats. Valley Vista High School: Where the Eagles fly high!



Owen Crosby
Principal

All students can learn and achieve. These words resonate with me and have been the mantra by which I live my life, both professionally and personally. I believe that these six words are the roots from which we see growth.

My growth as a professional educator began 15 years ago. After receiving my bachelor’s degree in mathematics from Western Michigan University, I made the decision to move west and accepted a teaching position in the Corona-Norco Unified School District. I began my career as a high school mathematics teacher. In addition to my teaching responsibilities, I was blessed to be able to coach soccer, one of my life passions.

After several years in the classroom, I made the choice to go back to school and study educational administration at California State University, Fullerton. While enrolled in the program, I was given the opportunity to become the activities director, which allowed me to become a practitioner of what I was learning. After serving in this role for two years and completing my master’s degree, my career as an administrator officially began when I accepted a position as an assistant principal. I spent the next five years growing as a servant leader, realizing that the impact I have on students’ success is compounded through helping others. I took this belief with me when I accepted a position as a coordinator in the Curriculum and Instruction division at the Corona-Norco Unified School District office. During my time in this position, my focus was primarily on secondary mathematics and educational technology throughout the district. This role gave me a more global perspective and allowed me to see how each school contributed to the overall success of the district.

Entering my sixth year as a high school principal in the second year at Westminster High School, I have grown through each step of my career. The lessons that I have learned and the experiences along the way have helped to strengthen my belief that all students can learn and achieve. I use these words as motivation to ensure that all students at Westminster High School are given that chance to grow. It is our responsibility to provide our students with the 21st-century skills necessary to succeed in the career path they choose after high school.

I take this same belief home with me each night. I have been married for 10 years to another educator. She is a high school social studies teacher, and we are blessed with three beautiful children. As with the students we work with, my children are all unique and talented in their own way. Whether it is playing baseball, soccer, swimming, dancing, taking adventures fishing, hiking or camping, I am proud to watch their curiosity and proficiencies grow each day.

As an educator and as a parent, I have the opportunity to make a positive difference in the lives of others every day. It is an awesome responsibility and yet a privilege to see all students learn and achieve.

OC DEPT OF ED • From Page 4



Dr. Al Mijares
Superintendent

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.

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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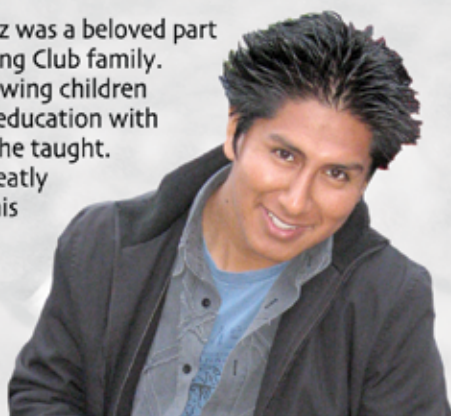
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