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School News

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Covering the Los Alamitos Unified School District

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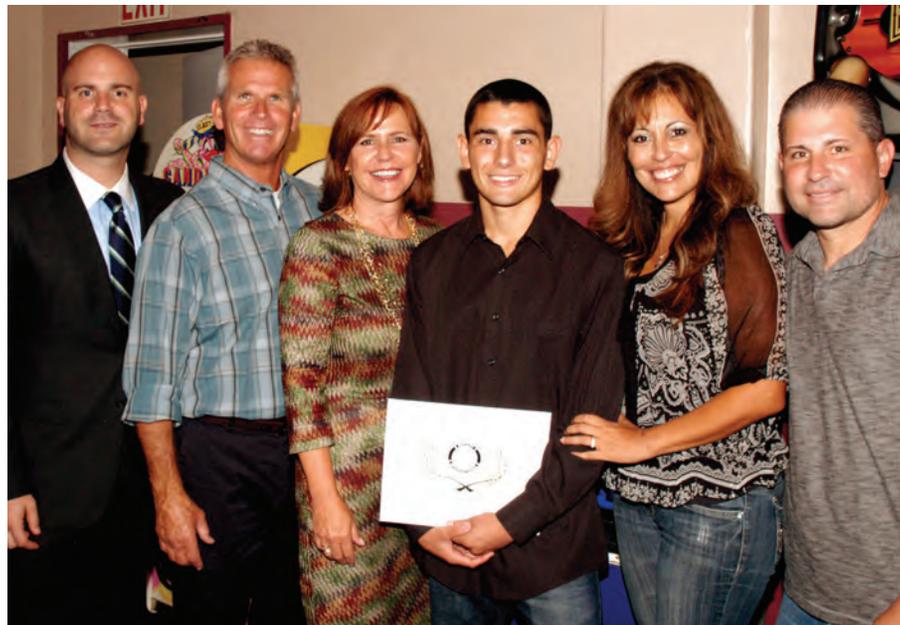
OCTOBER / NOVEMBER 2013

Career Technical Education

By Meg Cutuli, Member
Board of Education

One of the goals for all students in the Los Alamitos Unified School District is to have them be college and career ready when they graduate. Businesses have been saying that they are looking for employees who are problem solvers, critical thinkers, and good communicators. These are the same qualities that colleges are looking for in their students.

One way we prepare students for the future is by offering Career Technical Education classes through North Orange County Regional Occupational Program (NOCROP), a consortium of five school districts that work together to bring career technical classes to students. These classes are radically different from the woodshop classes that some of us may remember. Currently at Los Alamitos High School, we are offering classes in fire science, sports medicine, video production, entrepreneurship, preschool and childhood development,



Principal Dr. Arnold, Teacher Mr. Wilson, Superintendent Dr. Kropp, Blake Thome, and his parents, Josephine and Robert Thome.

construction, and an engineering class called Project Lead the Way, to name a few. Students who take NOCROP classes learn the basics of their chosen fields taught in a very hands-on, project-based manner. Their teachers are usually individuals who have worked in the fields they are teaching and bring real insight to their classes. It gives the students a clearer idea of what the careers entail and helps them to better focus their goals for after high school graduation.

It also gives our students a head start in their career. NOCROP offers certificates of competency to students who master the expected outcomes at a grade level of A or B. These certificates list what the students have learned so either employers or schools know exactly what our students can do. Soft skills, such as interviewing, resume writing, and building a portfolio, are also taught in the classes. These are skills that you need your entire adult life.

The Rotary Club of Los Alamitos appreciates the effort of our Career Technical Education teachers and students. Monthly, the Rotary Club recognizes a student for outstanding effort. This is a wonderful way to encourage our students to constantly strive to do their best. And everyone at Los Al appreciates Rotary for their contributions to the success of our students! In September, the Los Alamitos/Seal Beach Rotary recognized Blake Thome for his excellent work in fire science.

BOARD OF EDUCATION

By Diana D. Hill, Member
Board of Education

King and Queen of Hearts

The Los Alamitos Education Foundation (LAEF) has been one of the strongest resources for our district. As one of the School Board members, and intimately tied to LAEF, it is my pleasure to announce and support the new, signature event: The King and Queen Coronation and Royal Court Ball.

Thoughtfully designed by the LAEF Board with input from the school district staff and schools, this annual event will be the highlight of LAEF's fund-raising. With candidates throughout the district, five men and five women will vie for the titles of king and queen at the ball on Friday, November 22.

A new theme is selected each year, and this year it is Alice in Wonderland to yield the King and Queen of Hearts. Choura

Events and the Grand will host the Royal Court Ball this year, with all the flair and verve that they are known for.

By collaborating in various ways, dollar for dollar, the winners of the fund-raising efforts are crowned that night. Those other participants in the Royal Court then join with them to nominate the next year's court.

The Court Debut event, which has already happened, launched the candidates' fund-raising efforts. I want to take this opportunity to offer a huge thank you to the LAEF Board: LAEF Board President Randy Hill, Executive Director Janine Ingram, and all the members of the Royal Court. All of you are royalty to the Los Alamitos Unified School District family.

Please mark your calendars for November 22 and support your favorite member of the court!



David Boyer
President



Dr. Jeffrey Barke
Clerk

Los Alamitos Unified School District Board of Education



Meg Cutuli
Member



Diana D. Hill
Member



Karen Russell
Member

Inside: Schools pages 5-7 • Los Alamitos Education Foundation page 2 • Miller Children's Hospital Long Beach page 3
A Familiar Face page 4 • Orange County Dept. of Ed. page 4 • AHA for Kids pages 8-11 • Contest page 10

Los Alamitos Education Foundation

P.O. Box 1210, Los Alamitos, CA 90720 • 562/277-6876 • www.laef4kids.org

Hero for Education

By Janine Ingram, Executive Director

Fall of 2013 will keep LAEF busier than usual with several new and exciting programs and events. In addition to our ongoing fall elementary classes that began the week of September 16, LAEF offers several new and exciting art and technology classes beginning in October at Los Alamitos Elementary, Oak and McAuliffe Middle Schools, and Los Alamitos High School. Get ready to Rock Our District as we create original art and music while connecting Los Al students with classrooms around the world!

LAEF also kicks off our 2013 Annual Appeal campaign to raise money for targeted teacher grants and other special projects identified by the Superintendent's office, in conjunction with local school Principals. Funds raised are distributed to every school in the District. Donate today at LAEF4kids.org/donate.

Want to Be a Hero for Education? LAEF's new individual and corporate sponsorship program provides direct marketing and public relations benefits for our financial supporters that donate \$1,000 or more. Contact info@laef4kids.org to learn more!

Finally, LAEF will host our 1st annual Special Event on November 22nd at the Long Beach Grand Hotel. Got what it takes to be crowned King or Queen of Hearts? Visit us at LAEF4kids.org to learn more!



Kay Coop
Founder/Publisher



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Welcome back to another school year. By now students are settled into their classes and routines. Each year brings exciting changes in technology and budget challenges—this year it's Common Core Standards. Throughout the year you will be reading about changes focused on the 21st-century skills to prepare students to compete in the workplace. The changes taking place include modernization of the classrooms. I have a blackboard in my office and I think it may be the last one on earth!

Happy Halloween and Thanksgiving. Our next issue is December 4.

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Keep Halloween Spooky, But Safe



Divya Joshi, MD
Chief Medical
Officer

The chance to dress up in costume, run around the neighborhood after dark and stock up on sweets, makes Halloween the highlight of the year for many kids — from toddlers to teens. However, roughly four times as many children aged 5-14 are killed while walking on Halloween evening compared with other evenings of the year, and falls are a leading cause of injuries among children on Halloween.

Make this year's Halloween trick-free and safe for your entire family.

Trick-or-Treating Tips

- Accompany young children (under age 10) on their trick-or-treating rounds.
- Ensure that your child knows their home phone number, the cell phone numbers of parents and any other trusted adult who's supervising and how to call 911 in case they get separated from the group.
- Give your kids flashlights with new batteries to help them see where they are going to prevent falls and help them be seen by vehicles.
- Have them wear reflective sneakers or other reflective items to make them visible to traffic.
- Limit trick-or-treating to your neighborhood and the homes of people you and your children know.
- Trick or Treat on well lit streets.
- When your kids get home, check all treats to make sure they're safely sealed and there are no signs of tampering, such as small pinholes, loose or torn packages, and packages that appear to have been taped or glued back together. Throw out loose candy, spoiled items and any homemade treats that haven't been made by someone you know.
- Don't allow young children to trick or treat while eating hard candy or gum, it could cause choking.



- For older kids who are trick-or-treating on their own, make sure you approve of the route they'll be taking and know when they'll be coming home. Also be sure that they follow the same Halloween Safety tips you taught them when they were younger:
 - go in a group and stay together
 - only go to houses with porch lights on and walk on sidewalks on lit streets (never walk through alleys or across lawns)
 - know to never go into strangers' homes or cars
 - cross the street at crosswalks and never assume that vehicles will stop
 - carry a cell phone, if possible
- Oh, and use the opportunity for a teaching moment on moderation in eating candy!...(Without spoiling the fun.)

These tips can help your family have a spooktacular and safe Halloween.




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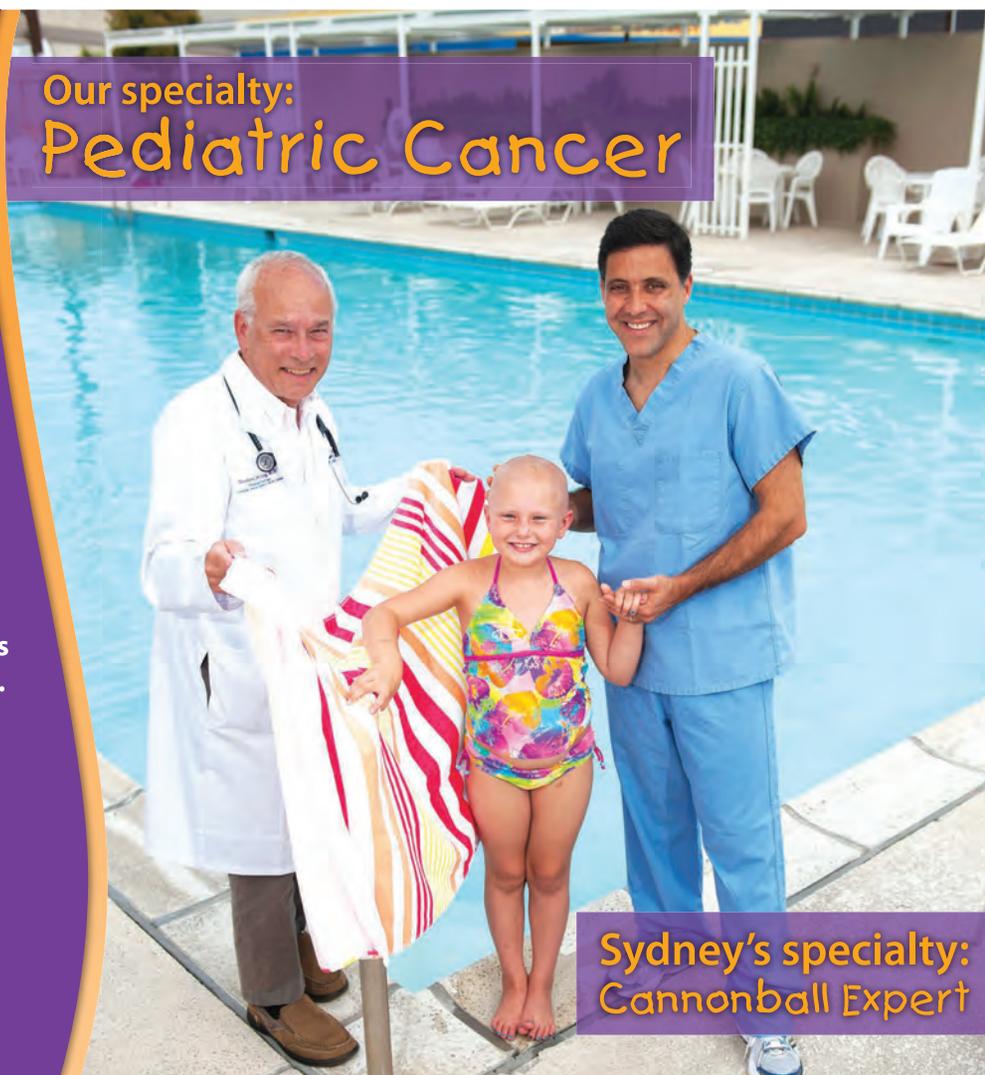
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Doctors found a cancerous tumor around 8-year-old Sydney's spine. Dr. Theodore Zwerdling at the Jonathan Jaques Children's Cancer Center diagnosed Sydney with Langerhans cell sarcoma. He knew the answer: neurosurgeon Dr. Ramin Javahery, who removed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

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A Familiar Face From a Foreign Place

Teaching in Nicaragua



Lauren Barrette

Peace Corps maintains three main goals in all the countries it serves: 1. Provide technical assistance 2. Share culture and customs from the USA 3. Share culture and customs of country served with American citizens.

My 27 month service started in May 2012 and will finish in July 2014. In Nicaragua I serve Peace Corps' three goals by training high school teachers on how to teach an entrepreneurship class to motivate the young population to start successful small businesses. I also consult small business owners on basic business and finance practices. On my own time I have also started an Honors Club at one of the high schools, organized leadership camps, taught English classes to kids and adults, and done a lot of community fundraising and networking.



What is school supposed to look like? Should it be completely protected from nature's exposure with classrooms full of clean plastic chairs labeled with its owners name? Should there be decorations of happy book worms crawling out of big red apples and posters of Einstein's $E=mc^2$? Should the grassy lawns be littered by giggling teenagers eating from a sack lunches or by last minute crammers finishing the math homework due in five minutes? These memories from my school experience made for quite the surprise when I entered my Nicaraguan schools for the first time in May 2012 as an entrepreneurship educator in the Peace Corps. My schools are fairly well kept for Nicaragua: they are painted each year with a coat of blue and white for the Nicaraguan flag. The classrooms are a simple square of cement blocks with blank walls and full with students on wooden seats, most of which still have the desk attached. The wide open doors and windows allow the air to flow but also bring in all of Nicaragua's vibrant noises and critters.

After one year here, I know that the expectation shift of my school's physical appearance only begins to touch on the differences between what I experienced at Los Alamitos High school and what public schools students of Leon, Nicaragua experience in education.

Graduate Los Alamitos High School Class of 2006. Studied Business Administration with a concentration in marketing at the University of Oregon Class of 2010. I decided to join the peace corps after college because I wanted to challenge myself to use my business degree in a creative way. I also felt that I was at a unique time in my life where I had no real responsibility and could dedicate two years of my life to serving others and seeking personal growth.

Orange County Department of Education

200 Kalmus Drive, Costa Mesa CA 92628 • 714/966-4000 • www.ocde.us

Violence Prevention and Safe Schools



Dr. Al Mijares
Superintendent

October 20 – 26, 2013 is America's Safe Schools Week and a time to reflect on the essential component of safety in the daily operation of schools. Students, families, and school staff have a right to expect their schools to be safe havens. In response to the Sandy Hook tragedy and other incidents of violence in the nation, there has been a renewed call to protect children and create safer school climates. Proposed solutions include, hiring additional school resource officers, counselors, and mental health professionals, and promoting collaboration between schools and law enforcement in developing comprehensive emergency plans, which include hands-on training.

A shining example of making school safety a priority in our county is the School Assessment Project, which is a partnership between the Orange County Sheriff's Department and the Orange County Department of Education (OCDE). This united effort, which is unprecedented in our state, will focus on collecting data from all schools, including emergency plans, evacuation routes, maps, and other details that will be provided to first responders during school emergencies. The Orange County Intelligence Assessment Center, a division of the Sheriff's Department, will work closely with local law enforcement agencies and OCDE to collect the data and provide feedback to schools regarding their emergency plans. This collaboration between school officials and local police will strengthen protocols for school safety across the county.

The California State Board of Education recognizes that a beginning step toward safer schools is the development of a comprehensive plan for school safety by every public school and district in the state. This plan includes making schools safer not only by enhancing their physical security and making sure they are prepared to respond to emergencies, but also by creating safer and more nurturing school climates that help prevent school violence.

According to the California Department of Education (CDE) publication, Safe Schools: A Planning Guide for Action, school safety encompasses two components, school climate, and physical environment. CDE developed a Seven-Step Planning Process for Safe and Effective Schools, which intertwine the requirements into a complete plan for school wide safety and effectiveness.

Seven-Step Planning Process for Safe and Effective Schools

1. Include school staff, parents, students, and the community on the planning committee.
2. Create a vision of your school as a place where students are safe to learn. Integrate the safe school vision with the mission statement for the school.
3. Gather and analyze data (examples include: California Healthy Kids survey, suspension data, police reports, and surveys conducted with students, staff, and parents focusing on issues related to safety).
4. Identify areas of desired change and assess resources available to attain goals.
5. Promote strategies and identify activities and programs to implement (examples of programs: drug and alcohol abuse prevention, gang risk intervention, and bullying prevention).
6. Communicate the safety plan to parents, students, staff, and community members.
7. Evaluate progress and revise the plan as needed to ensure that goals are achieved.

The Orange County Department of Education (OCDE) offers several programs to improve school safety, culture, and climate, and to assist in developing and maintaining Safe School Plans. Programs include Safe from the Start, Conflict Resolution, Gang Prevention, Peer Assistance Leadership, Friday Night Live, and Mental Health Services. Through the CDE School Law Enforcement Partnership Grant, administered through Kern County Office of Education, OCDE offers no cost workshops on Bullying Prevention, Crisis Response training, and Safe School Planning.

For more information on Safe Schools, contact Christine Laehle, Program Specialist, at claehle@ocde.us or 714-327-1067. For information on the CDE planning guide, visit www.cde.ca.gov/lr/ss/vp/safeschlplanning.asp



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Hopkinson *Elementary*

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Andrea Reed
Principal

Huskies Stand for PEACE

The Huskies at Hopkinson Elementary School kicked off the school year with a weeklong celebration of People Exhibiting Appreciation and Compassion for Everyone (PEACE). PEACE Week took place September 9–13 across the district to promote peaceful interactions among students on and off school grounds, to encourage important lifelong behaviors, such as responsibility, respect, and courage, and to deter bullying behavior among students.

Classrooms participated in school-wide spirit activities, which began on Monday when Huskies came to school in pajamas to “Put the Bullies to Bed” and culminated on Friday as classes dressed in the colors of the rainbow to celebrate the “Colors of Diversity.”

On the most memorable day of the week, students celebrated courage and came to school dressed as people they admired. Principal Reed was delighted to see fifth-grade student Jordan Vosskuhler dressed as her!

PEACE Week brought out the best in the Hopkinson community, where “Kindness Counts” and “Bucket Filling’s Cool!”



Laurel *High School*

3591 Cerritos Ave., Los Alamitos, CA 90720 • 562/799-4820 • www.losal.org



Heidi Olshan
Principal

Transformational Change

The Laurel High School Knights saw lots of changes as we started the new school year. The first is that our school relocated to the Los Alamitos High School campus. Over the summer, our classrooms were totally modernized. We have one large main classroom, a newly refurbished computer lab, a state-of-the-art technology studio, and a brand-new office.

We received a large gift at the end of last year from the graduating class of 2013 to purchase new technology for our current students. We now have brand new Chrome Books and iPads to use on a daily basis in the classroom and in the computer lab to enhance learning experiences for our students. The technology lab affords students a unique environment to learn a variety of applications, including graphic design, flight simulation and aircraft design, robotics, rocket design, video editing, and music production.

Perhaps the biggest change is that, for the first time, Laurel students now have the opportunity to attend classes offered by Los Al, and conversely, Los Al students have the opportunity to attend classes offered by Laurel. This “blended” model of continuation and comprehensive high schools together on the same campus is the first of its kind in Orange County; we will continue to develop support and intervention programs on one campus to assist all students.

I look forward to an exciting new year, with new ideas and the prospect of a transformational change for Laurel!

Los Alamitos *Elementary*

10862 Bloomfield St., Los Alamitos, CA 90720 • 714/816-3300 • www.losal.org



Dr. Sunghie Okino
Principal

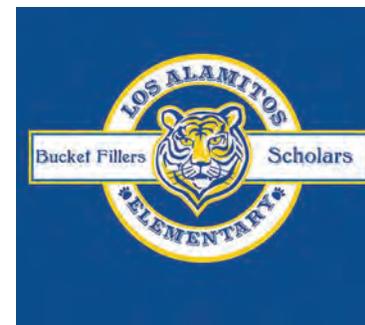
Be a Scholar! Be a Bucket Filler!

Ask any Los Alamitos Elementary (LAE) student about the school’s two key messages that make LAE the place to be, and the response will be “Be a scholar! Be a bucket filler!” Bucket filling is part of LAE’s schoolwide movement to fill one another’s invisible buckets with positive

comments and interactions intended to send the message that everyone matters and is meaningful. The campus challenge is to see how many buckets each person can fill in a day.

Being a scholar means that all LAE students are also encouraged to become lifelong learners by examining the characteristics of scholarliness through scholarly pursuits, intellectual traits and thinking like a disciplinarian. Scholarly pursuits help students see themselves as scholars by defining characteristics such as taking the time to ponder, being curious and asking questions, and persevering and exercising their intellect. Intellectual traits take scholarliness even further to discussions about intellectual leadership, courage, humility and aggressiveness, the latter of which refers to using evidence to support or defend ideas. Thinking like a disciplinarian asks students to explore concepts in various disciplines by assuming the role of a disciplinarian such as an economist, a geologist or a mathematician. LAE believes that all students are gifted and challenges students to think critically and creatively.

When LAE chants “Be a scholar! Be a bucket filler! LAE is the place to be!” we want you to know what it means to be bucket-filling scholars and why LAE is the place to be.



Lee *Elementary*

11481 Foster Rd., Los Alamitos, CA 90720 • 562/799-4540 • www.losal.org



Robert Briggerman
Principal

Spirit Under the Stars

I love my FamLee! That’s the motto at Lee, where a strong community partnership continues to be an integral part of our school culture.

In that spirit, one of the highlights this month for families is camping overnight on the school grounds. Commonly known as “Camp Lee,” this event is a unique opportunity to spend the night together with families, teachers and staff.

The campers arrive at Lee on Friday afternoon around 4 p.m. They check in, get their registration wristbands, and begin to set up their tents. There are always various activities, fun, and games for everyone to enjoy. The families dine out under the stars and wake up in the morning to the smell of pancakes, warm maple syrup and fresh-brewed coffee.

Camp Lee is organized by our PTA. In addition to games and activities, a DJ provides music for the parents and students. Around 8:30 p.m. we even project a movie outside on a large screen where families can set up camping chairs or blankets. Popcorn and treats are available for all.

We also have a flashlight scavenger hunt around the school, and end the night with a bedtime story in our media center. The lights are out and everyone is in their tents by 11 p.m.

The Orange County Sheriff’s Department always supports the event with extra security, and local neighbors are notified. In fact, a couple of neighbors always join in the festivities! They are inspired to see the kind of community spirit and camaraderie that exists at our school.

Happy Halloween and Happy Thanksgiving!

Los Alamitos *High School*

3591 Cerritos Ave., Los Alamitos, CA 90720 • 562/799-4780 • www.losal.org



Dr. Joshua Arnold
Principal

Utilizing the Media

While there are still many unknowns about the specific evolution of teacher practice and student learning that will occur as a result of the new Common Core education reform, we do know that are a set of 21st-century skills for students that we simply couldn't have anticipated 15 or 20 years ago.

The Internet, Google, social media, cell phones and more have completely altered the way students learn, interact, and contribute to the world around them. The Common Core framework will allow teachers and school leaders to make the necessary modifications to our practice for the sake of better preparing students for the actual world in which they will work, participate, and thrive in.



At Los Al, we're excited about this shift! And we've even made a nifty whiteboard video to frame our journey over the next few years for parents, teachers and students in our learning community.

You can see it at <http://tinyurl.com/ny2bnee>.

McGaugh *Elementary*

1698 Bolsa Ave., Seal Beach, CA 90740 • 562/799-4560 • www.losal.org



Dr. Jerry Gargus
Principal

Off to a Great Start!

The McGaugh Elementary School community is thrilled to be celebrating a 20-point increase in our Academic Performance Index (API) to kickoff the 2013–14 school year. As the new principal, I am very proud of the hard work of the staff, parents, and students last year to drive our API up to 926.

In addition to this great news, we have had a very busy start to the new school year during the month of September. In addition to our Back-to-School Nights, our PTA sponsored the annual Ice-Cream Social to welcome everyone back to campus. We served nearly 1,000 sundaes with just about every topping you can imagine. McGaugh's teachers and staff truly enjoyed serving our students and parents!

We also celebrated PEACE Week during the week of September 9–13. We kicked off the week with our first Flag Deck Ceremony of the school year, followed by an assembly introducing students to the Terrific Ten: ten great ways to use our words to brighten people's days. Several dress-up days helped keep the enthusiasm going as students came to school in business clothes one day and tie-dyed shirts another day. The capstone event of the week, Come Walk in My Shoes, provided students with an opportunity to learn about the challenges faced by persons with disabilities through simulation activities.

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McAuliffe *Middle School*

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Ann Allen
Principal

Web Day

Sarah, a new sixth-grader at McAuliffe Middle School, was anxious about beginning middle school. After attending the Welcome Every Body (WEB) events, she felt comfortable and excited to see new friends and meet new teachers.

Sarah is one of 392 new sixth-graders who attended McAuliffe's annual WEB Day. This middle school transition program is designed to ease the way for new students in grades six, seven and eight.



6th grade students Emily Curd and Adanya Calhoun-Marshall with "Ed" the Eagle.

New students receive their class schedules on WEB Day. They have time walk around the campus with their friends to see where their classrooms are, so they will know what to expect on the first day. Students also receive their lockers and locks on WEB Day, so they have plenty of time to practice the combinations. Many students even spend time getting their lockers ready.

To end WEB Day on a sweet note, students and their families enjoy cold, refreshing treats before leaving campus, excited to be McAuliffe Eagles!

Oak *Middle School*

10821 Oak St., Los Alamitos, CA 90720 • 562/799-4740 • www.losal.org



Sally Neiser
Principal

Embracing Change

Change—it's a favorite word for some people and the least favorite word for others. An old saying goes, "The only people in the world who like change are babies." Whether you like it or not, it's literally everywhere we look at Oak Middle School. In the field of education, we've never experienced a time of such drastic and noticeable change in what our students need to know, what they need to learn for the future, how we facilitate their learning, how they learn, and how we assess what they're learning. At Oak, even the buildings and classrooms in which they'll learn are changing! Just look around at our changing landscape and changed room numbers! It's all around us.

More importantly, there are many changes going on within our classrooms to help students grow in necessary 21st-century skills, such as collaboration, creativity, synthesis, and analysis. Visitors observe students frequently working together and talking to each other about what they're learning and exploring. They see students moving around the classroom, focused on completing tasks to meet stated objectives. Teachers walk throughout the classroom, facilitating learning rather than lecturing as "the sages on the stage" in front of the classrooms. Students frequently use portable devices, such as iPads, with which they can interact with information at their own pace and to a degree that challenges them individually.

Just as all these changes in the field of education are occurring, Oak is in the midst of its greatest physical transformation in its history. We eagerly await the completion of a new Media Center, new science labs, and new classrooms to afford our students the physical environment that matches the first-class education they so deserve.

Rossmoor *Elementary*

3272 Shakespeare Dr., Los Alamitos, CA 90720 • 562/799-4520 • www.losal.org



Kiva Spiratos
Principal

Exhibiting Acceptance and Compassion for Everyone

Our "P.E.A.C.E. Week" at Rossmoor was filled with smiles, bucket-filling, and friendships. P.E.A.C.E. week is a district-wide Los Alamitos event that is celebrated at all the schools. It is one piece of our initiative designed to help prevent bullying.

Rossmoor Elementary School strives to model the celebration of the unique and individual qualities that make us a successful community. During the week we focus on defining and providing multiple examples of behaviors that exhibit kindness, compassion, acceptance, friendship and inclusion towards all.

Activities celebrated during the week included patriot day, mismatched day and superhero day. The week culminated with a spirit assembly, where the children shared their student-designed door posters signifying their own classroom's interpretation of P.E.A.C.E.

The behaviors that are modeled to build peace, bucket-filling and kindness are reviewed and celebrated throughout the school year. But P.E.A.C.E. Week is a powerful way to jump-start the new school year in our community of learners.



Mrs. Campion's third grade PEACE door poster was voted most original. Students used their skill of alliteration to demonstrate how PEACE is demonstrated in their classroom.

Weaver *Elementary*

11872 Wembley Rd., Los Alamitos, CA 90720 • 562/799-4580 • www.losal.org



Erin Kominsky
Principal

Building the Foundation for 21st Century Learning

This year, Weaver School is undergoing extensive modernization. We are excited to see our buildings get new walls, windows, carpet, new technology and new paint!

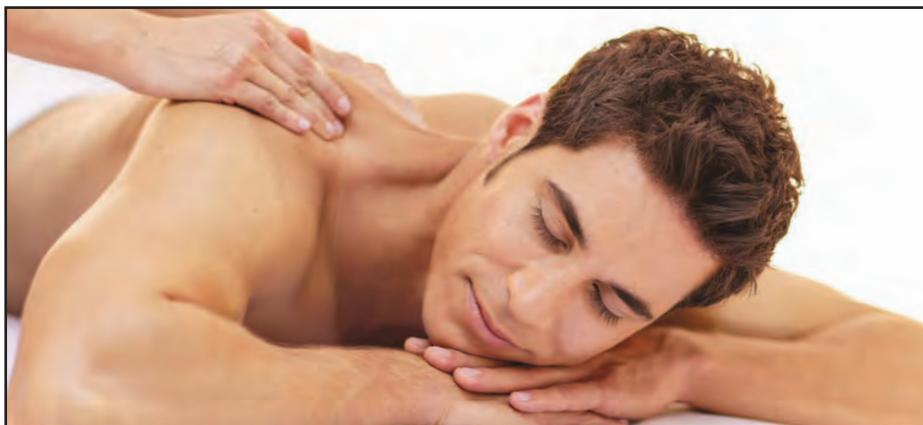
With our building underway, we have decided to partner with Habitat for Humanity to give our students an opportunity to participate in service learning, while also paying it forward for our beautiful Measure K modernization.

Our Ambassador student leaders will head the project with Habitat for Humanity. All students in grades K-5 will participate in building grade-level house warming projects for local builds in Long Beach and Orange County.

The students will also participate in the "Nickels for Nails" campaign to help raise funds for the organization. We kicked off this school-wide project as a part of our P.E.A.C.E. Week (people exhibiting appreciation and compassion for everyone).



Ambassadors leading our Habitat for Humanity assembly cheer



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Remember When?

A Season of Sports - It Must Be Fall



Charlene Ashendorf

I was an only child and I was Daddy's girl. My father was the youngest of nine. I grew up with loads of uncles and lots of cousins, male (mostly). So my bonding experiences with Dad and the relatives were spent in Wrigley Field, Soldiers Field and the Chicago Stadium.

For a Chicago sports fan, memories of playoffs and championships are more often bitter than sweet, with the exception of "da" Bulls. Growing up in Chi-town it wasn't a matter of whether you followed sports or not, you just chose your alliance to the north or south side as is the case with

baseball. And, if like me, you recall seasons as a Cubs fan, those were years of frustrations.

When we moved to the left coast I realized all too soon my biggest loss would be sports. California had far too many baseball and basketball teams and what could the land of fruit and nuts know about the only real sport, hockey? Now it's true there was this team called the Kings, but imagine what a silly name for a team in a land where hockey would never rule.

For me, nothing could compare to the excitement of taking the bus and heading to Wrigley Field seeing apartments rise up from the pavement on Sheffield Avenue while sitting in the bleachers. There were vines that were planted in the '30s and then there was—the wall...and peanuts, hot dogs and cokes. Oh, and that "Take me out to the ballgame" organ. It was simple and so sweet. I grew up knowing the name of Ron Santo, Billy Williams, Joe Pepitone and Ernie Banks as well as I knew those of my neighbors. Even though there was never a post season appearance by my Cubbies in the 50s, or 60s or 70s... they were a fans team.

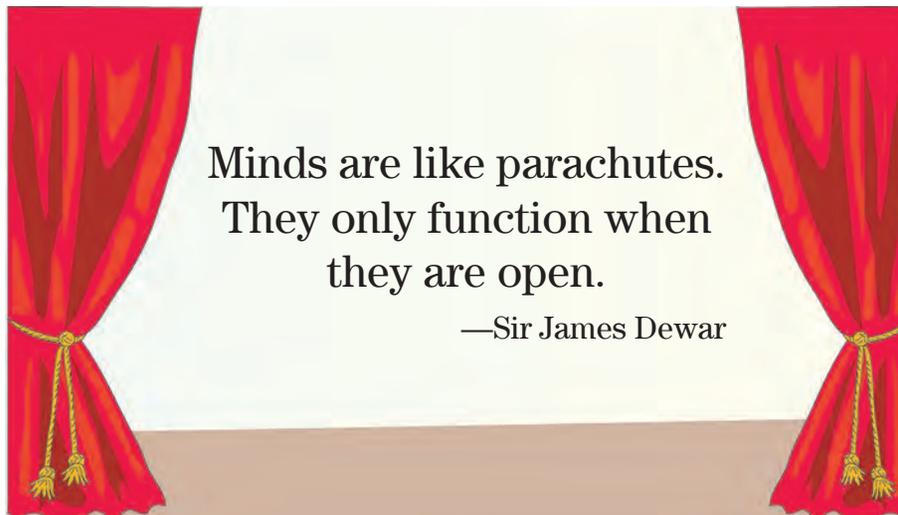
And then there was the only true sport, the game of hockey. How lucky I was to be able to tag along with Dad and his band of brothers to the Chicago Stadium. This place was huge. (You know how sometimes your memory plays

tricks on you and things aren't really as big as you remember?) Actually it was the largest indoor sporting arena in the world. And if you thought the organ at Wrigley Field was something...As I remember the story my Dad told, this organ was built in the late '20s in Wisconsin and was so big, it took 24 railroad cars to transport it to the stadium. When my dad said we were going to the "Madhouse on Madison Avenue" my face would light up like the stars in the heavens! The Blackhawk's were known to have kept the fans on their feet with fights on the ice and in the stands.

1960 was a turning point in my life. The family relocated to Florida and the Blackhawk's would win the Stanley Cup without me. I never recovered from that season. Until Wednesday, June 6, 2007 when the Anaheim Ducks (first known as MIGHTY) would become the first team in west coast history to raise the Stanley Cup across the ice at the Honda (once upon an Anaheim) Pond.

It's fall, that season of sports is in the air and I will be watching my favorite teams on the sidelines while my dad will be looking down from that big arena in the sky.

Remembering when...



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From The Boathouse

Hard Work and Determination



Logan Carter

Coming into the sport of rowing, Logan Carter had no idea what to expect. Many great rowers have some illustrious family history within the sport. In Logan's case, all he knew was that rowing meant water. But once he started rowing, he dove right into the whole experience head first.

Under the guidance of his coaches, Val Stepanchuk, Nick Trojan, and Thomas Graves, Logan improved his training regimen, including correct weight-lifting technique, beneficial erg workouts, and cross-training exercises. Through countless hours at the boathouse, he earned a spot in the MV4X and an opportunity to compete at USRowing Youth National Championships. Logan placed fourth in the grand final by fractions of a second, bringing out his competitive spirit.

Unfortunately, on long the road to nationals, Logan injured himself and struggled with the pain of a protruding disc in his lower lumbar and the disappointment of being unable to row for the summer. After he was cleared by his doctor to begin training again, he returned to the boathouse to find a new addition to his training regimen, two bulky spin bikes that provided a safer alternative to the erg workouts that had caused his injury. The bikes allowed him to continue rowing, and the new training regimen paid off. The following season went gloriously. Logan shattered Marin Rowing Association's two-year winning streak, and it was the first time that Long Beach Junior Crew qualified a heavyweight 8 for nationals. A fourth-place finish in the grand final furthered Logan's desire to medal at nationals, and the chances for that achievement to be realized this season are high.

Nick realizes that his coaches have contributed a great deal to his continued success. Logan's varsity coach, Nick D'Antoni, taught Logan so many invaluable things, about life and the sport of rowing. Thanks to Nick's inspirational leadership, Logan had the opportunity to go to United States National Team High Performance Camp and was selected for youth nationals twice. During Logan's final year as a junior rower, he had the pleasure of training under the wing of Coach Tom Graves. Tom has a reputation within the sport that is second-to-none, and absorbing his wisdom helped Logan further himself as an athlete.

Nick's rowing abilities earned him the attention of some high-caliber universities, including Harvard University, Cornell University, Yale University, the Naval Academy, and George Washington University, where he has chosen to attend school. Rowing truly changed Logan for the better; the sport surrounds rowers in a culture that oozes experience, knowledge, and morality. It opens doors, provides an identity, and raises a young person to learn the values of hard work and determination.

Jack Nunn/Owner, Roworx Indoor Rowing and Fitness Center, 5750 Boathouse Lane, Long Beach, CA 90804 562/688-1716, www.roworx.com.

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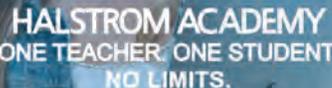
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Snacking: Think Before You Munch

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



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

Halloween 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 LAUSD in subject line)

Entries must be received by November 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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|--------------|----------------|----------------|
| BLACK CAT | GHOST | SPIDER |
| CANDY | GHOUL | SWAMP CREATURE |
| CARVE | GRAVE | TRICK OR TREAT |
| CEMETERY | HAUNTED HOUSE | VAMPIRE |
| COSTUME | HALLOWEEN | WEB |
| DECORATIONS | JACK O LANTERN | WEREWOLF |
| FRANKENSTEIN | MUMMY | WITCH |
| FRIGHTFUL | SKELETON | ZOMBIE |

Jaylen Sams

Winner of the June Word Search Contest!





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