

FREE

School News

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Covering the Los Alamitos Unified School District



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(Above) Lee Elementary Students "Start with Hello" – Oak Middle School Launch the First 21-Day Gratitude Challenge
(Below) McGaugh Elementary held First Astronomy Night – Rossmoor Elementary Students Enjoy Read Across America Week.



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Covering the LOS ALAMITOS UNIFIED SCHOOL DISTRICT

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Kay Coop
Founder/Publisher

As I am writing this the coronavirus has caused everyone in our communities to practice social distancing and to adjust their way of life. All of the health officials have stressed good hygiene and social precautions. As a Nation we will get through this.

This is a particularly difficult time for students not physically being in school. Reading is always good



and we have included several of our popular student book reviews to help with reading choices. Of course, in this issue you will find our latest word search. We had a record number of entries for February and I appreciate your positive comments when you email your answers.

Stay well and we'll be back with our next issue May 13.

#flattenthecurve

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Los Alamitos Unified Celebrates 2020 Employees of the Year



Dr. Andrew Pulver
Superintendent

If we are going to ignite unlimited possibilities for students of the Los Alamitos Unified School District, we must have exceptional employees. Our 2020 Employees of the Year are no exception. They go above and beyond, working tirelessly to help students achieve excellence in Academics, Athletics, Activities and the Arts throughout the school year. We are proud to recognize these amazing people who exemplify Los Al day in day out. All of them will be recognized before our Board of Education this year for their service.



Teacher of the Year **Janelle Fox**

Math Teacher
Los Alamitos High School

A math teacher at Los Alamitos High School for 18 years, Janelle Fox embodies excellence in the classroom, and her student-first approach is unparalleled. She is a collaborative force, not only for her students, but among her

colleagues as well. She truly represents what it means to be Better Together, and we are so lucky to call her one of

our own. Fox teaches Pre-Calculus and AP Calculus. She not only facilitates the learning of mathematics at a very high level in her classroom but extends herself beyond the instructional day to work with students and support their learning and a love of math. Fox was an early member of the Secondary Math Collaborative working with other 6-12th grade teachers to develop enhanced strategies and approaches to mathematical instruction and to identify what high quality math instruction looks like for 21st-century learners. She is an inspirational teacher who creates a learning environment that is filled with inquiry, high expectations, and a joy of learning. Her creativity, humor and personality make mathematics approachable and relevant to students.



Administrator of the Year **Elvia Galicia**

Director of Fiscal Services
District Office

When Elvia Galicia came to the District five years ago, she brought with her a wealth of experience in school business operations at other school districts in Southern California. She is an exceptional leader, bright, innovative, conscientious, and

outstanding in all aspects of her position and committed to our vision of “Igniting Unlimited Possibilities for Students.” We are fortunate to have a Director of Fiscal Services who equally supports appropriate expenditures to ensure that our students demonstrate continual academic, social, and emotional growth. Her leadership inspires administrators to set high expectations and create a culture of accountability and performance where we do the best we can with limited resources to meet the District’s goals. Her accomplishments have also earned her the prestigious honor of being selected the Orange County School Business Services Administrator of the Year by the Association of California School Administrators (ACSA).

Classified Employees of the Year



Danny Salas

Head Custodian
Oak Middle School

Danny Salas has been with the District for 21 years, most of the time serving as head custodian at Weaver Elementary where he did far more than keep the place in shape. “Mr. Danny,” as he’s known, ran the PA system Friday Flag ceremonies, played Superman

at Halloween, and was the go-to person for every PTA volunteer who needed something done fast and well. In 2017, he moved to his current position at Oak where he takes great pride in making the large campus look its best. He arrives early and leaves late every afternoon to make sure that all details have been taken care of. Anyone who has ever worked with Danny Salas will tell you he is all Los Al, all of the time. He serves this district with his whole heart. In addition to the District’s recognition, Danny has also been selected as the Orange County Classified Employee of the Year for the Maintenance and Operations category.



Carrie Weil

Instructional Assistant
McGaugh Elementary

Carrie Weil left her career in the medical sales field 22 years ago to take on the role of lunch-duty supervisor so that she could be closer to her five-year-old daughter at McGaugh. Before

long, Weil’s value as a compassionate and loving person was recognized, and she was assigned as an Instructional Assistant in a Special Education classroom. She is brilliant when it comes to working with Special Needs students and helping them see their potential as well as their place in this world. She makes students feel safe and valued. Her kind and gentle soul are a gift to every child, teacher, and parent with whom she comes in contact. Weil actually has come full circle: Her then-five-year-old daughter was hired this year at McGaugh as an Education Specialist.



Tina Fenner

Attendance Office Secretary
Los Alamitos High School

In her 15 years with the District, Tina Fenner has served in many roles: health clerk at Los Alamitos Elementary, elementary and high school summer school secretary, and attendance clerk at

McGaugh, before moving to the Attendance/Enrollment office at Los Alamitos High School. Fenner’s five-star customer service, positivity and efficiency support her success as one of our first points of contact for our students and families. Through her vast experience and knowledge, she provides families with the utmost care, service and kindness. There is no task too big and no problem too complicated for her; everything she manages has the “Tina Touch” meaning it is done accurately, thoroughly, and on time.

Please join me in congratulating Janelle, Danny, Carrie, Tina and Elvia on their much-deserved recognition as the Los Alamitos Unified School District’s Employees of the Year! We are so proud of their exemplary work, and they are all proof that we are Better Together!



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Tigger Went Home!

By Murlyn E. Burkes, Cat Committee Liaison

Hello! My name is Tigger, and I am a 2 ½-year-old tabby boy who loves his humans but not so much other cats! I originally came to the Seal Beach Animal Care Center as a 6-week-old kitten in the fall of 2017. My first name then was Holden. I was adopted with another kitten and lived in my home for two years.



There was an older female cat that lived there, too, but she and I didn't see eye to eye. During that time, she would bully me, and my family decided to return me, hoping that I would find a home where I was top cat. I am so happy to find a forever home with a family who has time to dote on me and know that I will gladly love on them.

At press time Tigger was adopted!!

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Recurring Ear Infections and What to do



Rose Eapen, M.D.
*pediatric
otolaryngology,
MemorialCare
Miller Children's &
Women's Hospital
Long Beach*

An ear infection occurs as a result of inflammation of the middle ear, caused by a virus or bacteria. During an ear infection fluid builds up behind the eardrum. Most children have experienced at least one painful ear infection by age five.

Common symptoms of ear infections include pain, fever, fussiness or irritability, rubbing or tugging at an ear, and difficulty sleeping.

Most ear infections resolve on their own with simple treatments like rest or over-the-counter pain relievers. More severe ear infections may need antibiotics.

Many times, children struggle with repeated infections or persistent fluid which can result in hearing loss. In these cases, surgical care can help to prevent infections or lessen the frequency or severity of ear infections. One of the most common procedures performed by ear, nose and throat (ENT) specialists is a myringotomy and tube placement. According to the American Academy of Otolaryngology-Head and Neck Surgery, ear tube surgery is the most common childhood surgery performed with anesthesia.

A myringotomy is a surgical procedure that relieves pressure caused by the excessive build-up of fluid in the ears by making a small incision in the eardrum. After excess fluid is suctioned out, the ear tube is then inserted into the eardrum to allow air to reach the middle ear. The tubes will fall out on their own, usually a year after they are placed. While they are in place, they work to prevent further ear infections and help children avoid long-term complications.

If your child has severe, recurring ear infections, it's important to talk to a pediatric ENT specialist, like the team at MemorialCare Miller Children's & Women's Hospital Long Beach who can help determine what treatment option is best for your child.



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Evelyn Garcia
Principal

Learning from Others

In late January, the Los Alamitos High School's Growing-Up STEM Club hosted a Hands-on, Growing-Up STEM Night at Hopkinson. Visiting high school students organized three groups broken down by grade level: K-1, 2-3, and 4-5. They then engaged 68 of our Huskies to experience some fun, hands-on science.



The high school students started the night with a science magic show that actively engaged our children. All of the activities provided good opportunities for our Huskies to collaborate, communicate, critically think, and take in new knowledge.



The activities were fascinating, and the students all left the activity centers with smiles. Our Hopkinson students had so much fun learning from the Griffins. They were all deeply inspired, and looked onto the visiting high school students with great admiration.

At Hopkinson, we appreciate and foster strong connections between our Huskies and the Griffins. These connections provide experiences that inspire love of learning and community. They also create memories for our Huskies that will last a lifetime.

Lee *Elementary*

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



Dr. Amy Vento
Principal

Start with Hello

Lee Elementary celebrated its annual "Start with Hello" program in February. This program brings attention to the growing epidemic of social isolation, and empowers our children to create a culture of inclusion and connectedness within our school and community.

Its premise is simple. See someone alone, reach out and help, and "Start With Hello!" One word can make a tremendous difference.



Our school community has embraced the program, and has actively participated in activities that help promote inclusion. Hey Day challenged our staff and students to acknowledge and say "hello" to as many people as possible. The week continued with Buddy Day partnerships, No One Eats Alone Day, and Global Day of Play.

School-wide activities gave our students effective tools for how to recognize and approach someone who needs a friend. This week's powerful message showed our Leos how small acts of kindness can help others feel more included and accepted. It is as easy as starting with hello!

Los Alamitos *Elementary*

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



Gary Willems
Principal

Team Reading Lab!

This month, we would like to highlight the amazing Reading Lab team that supports LAE's students. Our Reading Lab has six teachers that work with over 70 students a day and 300 students per week. Our lab works primarily with students in kindergarten through third grade to ensure that they are proficient in reading at the end of third grade.



We also offer targeted tutoring for fourth- and fifth-grade students that are not proficient in reading, are English language learners, and might not be ready for their next grade level. The average student that is referred to Reading Lab exits the program within three sessions—each session is a trimester.

This is a phenomenal program that has been observed by other districts in California and Utah as they try to enhance the reading education they give their most at-promise students. Great job to all our Reading Lab superheroes!

Los Alamitos *High School*

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



Christopher Vlastic
Principal

Mentor Breakfast

On February 28, Los Alamitos High School hosted its annual Mentor Breakfast. Approximately 60 professionals from the local community met with over 100 11th- and 12th-grade students to

confer, answer questions, and share experiences.

The mentors provided firsthand insight into the various aspects of their respective industries, shared the necessary levels of education and training required in order to be prepared, as well as the challenges they face on day-to-day basis. Dr. Mauricio Heilbron Jr., fondly known as “Dr. Mo,” served as the keynote speaker for the breakfast. Dr. Mo shared how he endured “8,000 years of school” to finally become a general surgeon but that his career in medicine has opened up a wealth of other opportunities, including



being a regular guest on a popular radio show, writing for local publications and newspapers, and giving back to his community in meaningful ways.

The Mentor Breakfast delivered yet another positive career-readiness experience for all of the Griffins who opted to participate.

McAuliffe *Middle School*

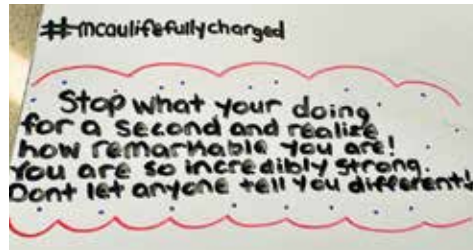
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Dr. Ryan Weiss-Wright
Principal

#McAuliffeFullyCharged

This January the McAuliffe community of students, teachers, and parents joined together to complete a 21 Day Wellness Challenge, #McAuliffeFullyCharged. Over the course of 21 Days, the McAuliffe community shared in daily challenges aimed at triggering a positive chemical reaction in the brain. This initiative



was designed to bring the community together through a focus on mental wellness and social/emotional learning. We are grateful for the opportunity to educate and support each other's mental and physical health while increasing positive relationships.



McGaugh *Elementary*

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



Roni Ellis
Principal

A Star-studded Night

McGaugh held our first-ever Astronomy Night on a beautiful March evening. Families with children of all ages lined up behind telescopes to view celestial objects such as Orion; the Gemini twin stars, Castor and Pollux; and, of course, the moon. The Astronomers, most of whom are retired engineers and businessmen, study astronomy as a hobby and voluntarily share their

knowledge and passion with local schools. These volunteers incorporate math and physics to explain the celestial bodies. To top off an already great night, the McGaugh PTA provided our Sea Lions and their parents with a complimentary book on astronomy while they enjoyed hot cocoa and cookies while star gazing. Parent volunteers and our astronomers made this night an "astronomical" success along with our "out of this world" parent-photographer John David Currey who took these amazing photos.



Oak Middle School

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



Erin Kominsky
Principal

Gratitude Challenge

On February 10, Oak Middle School launched the very first 21-day Gratitude Challenge. This challenge is based on research done by Shawn Achor, a Harvard professor, who found that “a quick burst of positive emotions doesn’t just broaden our cognitive capacity; it also provides a quick and powerful antidote to stress and anxiety, which in turn improves our focus and our ability to function at our best level.”

During the challenge, the entire school campus paused during fourth period to journal three daily gratitudes. The positive energy was contagious! Associated Student Body (ASB) leadership placed positive messages on all 1,200 lockers! Staff and students came out to greet arriving students with positive signs of encouragement, and faculty members shared their personal gratitude on the school announcements each morning.

As a school community, we have pledged kindness and gratitude both on and off our campus.



Rossmoor Elementary

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



Amy Belsha
Principal

Celebrating Reading

Rossmoor Knights really enjoyed our Read Across America Week from March 2nd-6th. We celebrated our love for reading in many different ways. Students enjoyed dressing up around celebrating Dr. Seuss and his unique characters in books! We even had an exciting Family Night this week where students ate breakfast for dinner, were able to get their faces painted, and even shopped the Book Fair.



Wednesday was also a blast because all of our Knights were able to invite one special person to enjoy lunch with for the last hour of the day. Our school sat in their houses (Percival, Gawain, Galahad, and Lancelot) in the quad area and ate lunch with their while reading on the grass. This week is such a celebration and supports students love for reading!



Dr. Todd Schmidt
Principal



Lunar New Year Festivities

At the beginning of February, Weaver held an amazing morning celebrating cultural heritage through our Lunar New Year festivities...from special music to yo yo masters, it was a vivid reminder of the importance of honoring the heritage and learning of the cultural traditions of so

many of our students! What made the ceremony even more special was that several of our students were able to show off their ancestral garb while participating in the Dragon Dance. This is what #WeAreWeaver is all about! Chúc mừng năm mới, 新年快樂, and 새해 복 많이 받으세요!

PEACHWAVE – 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 the subject line.

Entries must be received by April 30, 2020
From the correct entries one name will be drawn to win a \$20 gift card to **PEACHWAVE**
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| GINGERBREAD | CREAMY YOGURT |



Congratulations to Alayna & Jayden Patel
winner of the February drawing.

Los Alamitos-Rossmoor Branch Library

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Semra Bilsel
Branch Manager

Spring Events

Check out all the fun and exciting programs happening at the Los Alamitos / Rossmoor Library. Please feel free to come by or give us a call at 562-430-1048!

Decorate Your Eggs! Drop in between 10am to 6pm on April 9th to decorate Eggs with colors, stickers, and other decorations. Just bring your own hardboiled eggs and the Library will provide supplies and the clean-up! Ages 4 to 12.

Tweens and teens can release some mid-semester stress with this friendly Peeps Diorama Competition! Come to the program with an idea based on something from Pop Culture (book, music, movie), a shoebox, and your creativity to bring a scene to life. We'll provide all the Peeps and materials, just don't forget your shoebox. Leave your diorama behind to have the community vote on the best diorama to win a prize. Open to ages 12-18. April 14th. 4:00-5:00pm

Celebrate May the Fourth! We'll have Star Wars crafts and activities. Everyone is welcome to wear their Star Wars-attire. Program is open to all ages! May 4th. 3:30-4:30pm.

Teens, ages 13-17, needing community service hours can attend a once a month orientation to sign up for shifts. Grab an application from the Service Desk and return it completed to the meeting. Must attend an orientation before able to sign up for shifts. April 2nd and May 7th. 5:00-5:30pm.

STEAM program intended for ages 5-10 where we get creative with fun projects. Supplies are limited so call us to register a spot at 562-430-1048 beginning February 10th. April 21st. 4:00-5:00pm

Tweens and teens can create their own cake jar using various flavors of cakes, frostings, puddings, and toppings. All supplies will be provided, but the program is limited to 15 participants. Sign-up at the Service Desk beginning May 4th. Open to ages 12-18. May 12th. 4:00-5:00pm.



The Yo-Yo

Some believe the yo-yo originated in China. However, the first mention of the yo-yo is in Greece around 500 B.C. It is also found in pictographs in Egyptian-temple wall art. Philippine hunters used a rock with a 20-foot string to hit their prey in trees in the 16th century. Wherever the yo-yo originated, it has become a global fascination.

The yo-yo is said to be the second-oldest toy in the world, next to the doll. It is a toy that has a calming effect on the user. The French court played with the yo-yo (*joujou de Normandie*). Marquis de Lafayette toyed with the yo-yo. Napoleon and his troops played with it before the battle of Waterloo as well, as it was a favorite of the Duke of Wellington. There is a National Yo-Yo Museum in Chico, and wooden parts can be found online.

This country saw its first patent in 1866 by an Ohio company, but the toy remained obscure until 1916 in an article in *Scientific American* titled "Filipino Toys." When Pedro Flores, an immigrant from the Philippines working at a hotel in Santa Monica as a bellhop, played with his yo-yo during his lunch break, a crowd would gather around and watch. He started making yo-yos and had two factories by 1929.

A businessman named Donald F. Duncan on a trip from Ohio to California saw the yo-yo and bought Pedro's company in 1929. Then in 1932, Duncan was given the

trade name yo-yo, forcing competitors to use other names for the toy. It was Duncan who introduced the slip-string that allowed the yo-yo to "sleep." He set out on an advertising campaign with the Hearst newspaper company that increased paper circulation and sales of yo-yos.

Then in the 1960, with television and mass advertising, the yo-yo had a resurgence in sales and interest. However, the Duncan family lost a trademark case in 1965 and sold the company. Yet between 1960 and the 1990s, the yo-yo saw many innovations with the new technology that saw another resurgence in the 1990s. On April 12, 1985, the yo-yo went to space on the Discovery Shuttle. The toy needs gravity to work—you can guess the result!

Today, the yo-yo is providing more than entertainment for young enthusiasts. It is also a way for our troops to relax and take their mind off the stress of the job they have been sent to do. In 2008, Senator John McCain asked for people to send yo-yos and stress balls to the troops. There are several organizations that send yo-yos to the troops. As we get older and can no longer do what we used to do, there is still something that we can do that will make a difference.

D.H.Coop is a retired fire/paramedic and retired teacher having taught IB and AP World History 30 years. He continues to substitute, tutor and consult. www.HistoryDepot.com

Sean's Book Review



Sean

Finding Your True Identity

If you don't know anything about Greek Mythology, but you have a desire to, Percy Jackson *The Lightning Thief* is a great book to get started!



This is Rick Riordan's first book in his Percy Jackson

mythology series. Even if you already know about Greek mythology, this is an exceptional book that will keep you hooked. It's a great read with lots of detail and fun information. In here, you'll get introduced to Percy Jackson, a 12 year-old demigod (child of a god and a mortal) and is the son of the powerful sea god, Poseidon. The book is about how Percy discovered his identity and finds new friends and has crazy adventures along the way. It has action, suspense, and always makes you want to keep reading. When I first read this book 2 years ago, I was hooked and could not put it down even to this day!

Sean Cheng is a 5th grader who enjoys cubing (Rubik's Cubes), watching Rubik's Cube videos, and playing basketball. His favorite subjects at school are math and P.E. He loves his 3 guinea pigs and looks forward to summer vacations.

Kailani's Review



Kailani T.

Magical New Best Friend

Unicorn Diaries,

Bo's Magical New Friend, is 1 of the 4 books in *Unicorn Diaries* chapter book series written by Rebecca Elliot.



Bo (Rainbow Tinseltail) lives in

Sparklegrove Forest where lots of other magical creatures live. Bo is a wish unicorn who can grant one wish weekly. Bo doesn't have a best friend, but she wishes she does. Although Bo is a wish unicorn, she wants to find her best friend naturally without using her magical power. One twinkly night, a unicorn was born. Bo thought maybe this new unicorn could be her best friend. You have to read this book to see if Bo's wish came true. Reading Bo's diary makes me feel like I'm one of the unicorns at Sparklegrove School. The daily journal takes me through the magical journey in Sparklegrove Forest. I highly recommend this book for anyone who loves magical powers and unicorns.

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

Gardening Terms – 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 the subject line.

Entries must be received by April 30, 2020

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

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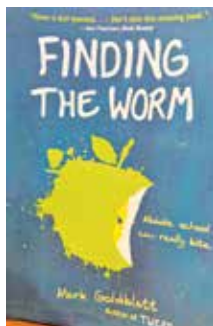
Tyson's Book Review



Tyson

Every Day is a Gift

"*Finding The Worm*" by Mark Goldblatt is a great book that tells the troubles of Julian Twerski. Julian is just entering middle school in 7th grade and he



goes through crazy adventures that make you smile. You'll be attached to the Thirty-Fourth Avenue Gang while going through the book. *Finding The Worm* has twists and turns that you would never expect. Mark Goldblatt does an outstanding job in hooking the reader. I'm usually not the biggest reader, but after reading this book, I want more of what Mark Goldblatt writes. This book is the continuation of the first book, *Twerp*, but you don't have to read the first to read the second. This is probably one of the best books I have ever read, and I give it a 10 out of 10.

I hope you will enjoy reading this awesome book!

Tyson is an athletic 6th grader who loves basketball, soccer, and volleyball. His favorite subjects are P.E. and math. He is a gentle pet owner and loves taking care of his 3 guinea pigs with his brother. He looks forward to going to Lakers games with his dad.

Yoona's Review



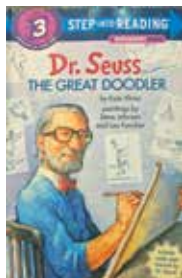
Yoona C.

Dr. Seuss' Life

Title: *Dr. Seuss The Great Doodler*

Author: Kate Klimo

Have you read any Dr. Seuss books? Dr. Seuss was actually called Ted. His mother read to him a lot when he was young. Ted also liked to doodle.



He doodled pictures of animals. After college, he worked on a humor magazine. He signed his drawings with just his middle name: Seuss. He wrote his first book titled *And to Think That I Saw It on Mulberry Street!* When Ted was having trouble with a story, he wore wacky hats to think better. Ted wanted to write a book using 225 simple words. Do you know what this book is? It is the *Cat in the Hat!* I like this book because I can find many facts about Dr. Seuss and learn about how his books were created. This book also includes rarely seen artwork by Dr. Seuss. I recommend this book to kids who are interested in Dr. Seuss and his books.

Yoona is a 2nd grader. She likes playing soccer and the piano. She likes to create stories as well.

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