

FREE

# School News

Education + Communication = A Better Nation



Covering the Los Alamitos Unified School District

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## Los Al Connects Making a Difference

By Dr. Sherry Kropp, Superintendent

Los Alamitos Unified School District is home to over 400 outstanding teachers, who come to work each day to help students learn and to make a difference in the lives of children. Our teachers are highly skilled and highly trained professionals, who are committed to collaboration, preschool through high school. Los Al Connects exemplifies the quality of our collaborative, professional development opportunities.

In its second year of implementation, Los Al Connects is staff development given by teachers for teachers. It is designed as a day for teachers to select areas in which they would like to learn and to have opportunities to collaborate with their colleagues across disciplines, grade levels, and expertise levels.

During our student-free staff development day on October 30,



Teacher demonstration lesson with students.

42 teacher leaders conducted 43 sessions on such topics as Google Classroom, Making Student Choices with the Daily Five, Inquiry-Based Science with Depth and Complexity, Instructional Strategies for Close Reading, Math Intervention, Metacognition Mingle, and From Classroom to Courtside. Each session included a demonstration lesson with students, followed by a debrief session to reflect and discuss the lesson. Teacher evaluations of the day were some of the best ever in our district's history, and many teachers have already planned additional time to work together on some of the topics presented. There truly is no better staff development than our very own teachers leading sessions and sharing their expertise with one another.

See LOS AL CONNECTS • Page 7

## Reading Across the Curriculum

By Karen Russell, Clerk-Board of Education

Whose job is it to teach reading to students? An obvious answer might be the first- through third-grade teachers. Really? Do we ever stop learning to read? Or do we ever stop reading to learn? Think about it. Oral language development is one of the most significant events in a young child's life. You may have noticed a

television campaign of late that touts the importance of talking, reading, and singing to very young children. Their oral language needs to be well developed before they are ready to read. So adults in a young child's life play a role in the process of learning to read. It is important for them to be role models of reading.

That brings me to reading as students work their way through various stages of schooling. In the beginning, they develop decoding skills, so words come to life. Later, the comprehension skills begin to be addressed. But reading involves more than this. As students progress through the various levels, it is important

to develop a strong vocabulary. It is also important to learn to "read between the lines." Students need to learn to think critically and to question things they don't understand or do not agree with. So who needs to teach this? Another answer might be the English teacher. But English is not the only classroom setting where students read. One subject area often overlooked for reading skills is mathematics. However, it does not matter how many complicated equations you can solve unless you can apply it to the real world. They need to be taught the key words in story problems, such as less, more, greater, and others. Vocabulary building in other classes, such as science and history, is important for the context to be understood.

So what is my point? Teachers have to be skilled to teach reading at all levels and in all subjects. This is what we call "reading across the curriculum." Many of our teachers in the Los Alamitos School District are trained to do this. Remember—we never stop reading to learn.

### Board of Education



Diana D. Hill President, Karen Russell Clerk, Dr. Jeffrey Barke Member, David Boyer Member, Meg Cutuli Member

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*"I want to express my sincere gratitude for the academic support you and your staff have provided to my son during the past year. I can attest to the significant impact the Tutoring Club experience has made in his life. As a result, he has earned A's and B's and is less frustrated when given difficult homework assignments. Beyond this, he has developed the academic self-confidence needed to be successful. I attribute a great deal of my son's academic success to the team at the Tutoring Club. Thank you for making a difference!!"*

*Paul R. de Dios  
Dean of Cypress College*

*"I am the mother of 3 children and my oldest son was having reading problems. The Tutoring Club helped my son and myself to learn new reading strategies. With Tutoring Club's help my 6 year old son was able to sound out words and read. He is very proud of himself and I am so happy and proud of him as well. He couldn't have made the growth without the Tutoring Club. Thank you Tutoring Club for giving my son the help he needed."*

*Mother of 1st grader – SES Student  
Norwalk-La Mirada School District*

*"My son always fought me to do homework, and this would be an all night thing. I tried everything, and then found the Tutoring Club. Putting him in the Tutoring Club's the best thing I could have done for him. His 2011 California Standards Test was proficient in everything!!!!"*

*Mother of student at  
Landell Elementary, Cypress*

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Covering the  
**LOS ALAMITOS UNIFIED SCHOOL DISTRICT**

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**Kay Coop**  
Founder/Publisher



This issue is full of information from the Superintendent's message about Los Al Connects, the importance of play time, the Class Act program, handling school conflicts, elementary campout, the police departments reminder of the dangers of drinking and driving, and so much more. We welcome Keira's with her book review and keep up with Tyler as he climbs to the summit of Mt. Whitney.

We are always mindful of our men and women in the armed services as we enjoy the holidays and our freedom.

Our next issue is February 17, 2016.

## Los Alamitos Education Foundation

P.O. Box 1210, Los Alamitos, CA 90720 • 562/277-6876 • www.LAEF4kids.org



# Bringing the Community Together

By Carrie Logue, Executive Director

Los Alamitos Education Foundation (LAEF) partnered with the Los Alamitos Police Officers Association (POA) for another exciting Casino Night in September, which raised nearly \$14,000 in support of education and safety in our community! There were 20 gaming tables, including blackjack, craps, and roulette, as well as multiple opportunity drawings. Local restaurants showed tremendous support \ by donating all of the food and drinks! LAEF and the POA look forward to bringing this event back in 2016.



**Superintendent Dr. Sherry Kropp, Board of Education President Diana Hill, LAEF Executive Director Carrie Logue and LAEF President Sean Payne at the State of the District.**

Los Alamitos Police Department Chief Todd Mattern, Seal Beach Police Department Chief Joe Stilinovich, and Orange County Sheriff Captain Bob Peterson addressed the crowd.

Superintendent Dr. Sherry Kropp and LAEF presented the State of the District breakfast on October 16 at Navy Golf Course. Over 150 people were informed of plans for future educational growth and celebrated the district's accomplishments. The presentation partially focused on the partnership between the district and local law enforcement.

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Happy Holidays and A Wonderful New Year to All!



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## Choosing the Right Hospital for Your Child



**Rita Goshert**  
Manager,  
Child Life Program,  
Miller Children's &  
Women's Hospital  
Long Beach

Children and adults are different and so are their health care needs, so when a child needs hospitalization, choosing the right doctor, care team and hospital is important. Here are some things to consider if your child should ever need care in a hospital.

### Board-Certified Pediatric Specialists

You should expect a kid-friendly care team that includes board-certified pediatric specialists, nurses and other health care professionals, all extensively trained in pediatric medicine and who specialize in treating your child's condition.

Children are not little adults – many of the conditions and needs they have are unique.



### Patient and Family Centered Care

Considering the family as part of the care team is essential to a successful recovery for children. Make sure the hospital you choose understands the importance of this partnership.

A unique aspect of a children's hospital is access to child life specialists. For children, hospitalization can be the most frightening experience of their life. A child life specialist's primary role is to normalize the unfamiliar environment of a hospital.

A pediatric environment should provide comforts to help lessen children's anxieties and fears. Look at the physical environment of the hospital. Is the décor welcoming for children? Is there an area dedicated to play? What comforts are offered for families?

At Miller Children's & Women's Hospital Long Beach, everything from the kid-sized equipment to the artwork on the walls is tailored just for kids. For more information, call 800-MEMORIAL or visit MillerChildrens.org.

## Drinking and Driving

As the year draws to an end it is important to remember the dangers of drinking and driving. Below are some factors to remember in order to keep us all safe over the holiday season.

Impairment is not reliant upon the type of alcohol consumed, rather the number of drinks over a certain period of time. Despite myths and misconceptions, coffee, a cold shower, or exercise will not make a person more sober; only time will.

Every 51 minutes in America, someone is killed in a drunk driving crash. That equates to 27 people every day. Traffic accidents are the leading cause of death for teens, and roughly 1/3 of these accidents involve alcohol or another substance.

Marijuana is the second most commonly used drug associated with drinking and drugged driving after alcohol, it is important to understand why it is particularly dangerous.

THC, the high producing element in marijuana, affects areas of the brain that control body movements, balance, coordination, memory and judgment. Evidence from both real and simulated driving studies indicates that marijuana negatively affects a driver's attentiveness, perception of time and speed, and ability to draw on information obtained from past experiences.

Research also shows that impairment increases significantly when marijuana use is combined with alcohol. Studies have found that many drivers test positive for alcohol and THC, making it clear that drinking and drugged driving are often linked behaviors.

Sources: Bacharach, Samuel B., Peter Bamberger, and Michal Biron. "Alcohol Consumption And Workplace Absenteeism: The Moderating Effect Of Social Support.."Journal of Applied Psychology 95, no. 2 (2010): 334-348. Accessed February 25, 2014  
Dept of Transportation (US), National Highway Traffic Safety Administration (NHTSA). Traffic Safety Facts 2013 Data: Alcohol-Impaired Driving. Washington (DC): NHTSA; 2014 Accessed 2015 May 18 <https://ncadd.org/about-addiction/driving-while-impaired-alcohol-and-drugs>

# Every Child is Unique. So is Their Care.

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## LAUSD Child Development Center

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### Play Time



**Kelly Rowe**  
Child Development  
Coordinator /  
Early Learning  
Specialist

As the holidays approach, remember that stress can affect children as well as adults. Taking time for low-key fun will help everyone relax. Talk about activities that your family enjoys and plan to include them in your day. When you join your preschooler in fun play, it is a learning time for him or her. A quick game of cards or an afternoon making a racetrack together helps teach your preschooler valuable skills. Here are some great activities you can join your preschooler in to relax and learn at the same time.

**Make Believe:** Pretend play lets your preschooler use his or her imagination and practice life skills. For example, the two of you might “fix” a table with toy tools, line up chairs and ride an imaginary train, or take turns serving food in a make-believe restaurant. Help your child learn to carry on conversations by asking questions: “Where is our train going?” or “What do you want for lunch?”

**Plan a Project:** Ask your preschooler to make something with you. Your child can practice planning and decision making as you work together to paint a mural, design a block city, or build a snowman. Let them decide which colors to use, where roads should go, or how to decorate the snowman.

**Enjoy Friendly Competition:** Games teach your child to take turns, follow rules, and be a good sport, skills that help a child to get along with others. Together, play a game like dominoes, memory, or Twister. Whether you win or lose, say, “Good game!” and encourage your child to do the same.

Playing with your preschooler can also prevent discipline problems. When you spend time together, your child is less likely to misbehave later to get your attention.

## Lee Elementary

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



**Amy Laughlin**  
Principal

### Handling School Conflicts

Lee Elementary School prides itself on teaching children how to think critically and problem-solve in reading and mathematics. Equally important to the team at Lee is teaching students how to address conflicts and learn alternative strategies to help resolve social issues.

This Peacemaker program, made up of fourth- and fifth-graders, is a vital part of our school. The students in this program truly make our school a better place. When you visit our campus you may see these school leaders wearing yellow vests and helping their peers and younger students resolve playground disputes in a peaceful manner.

Peacemakers approach students having disagreements, guide them to clarify the nature of their disputes, and encourage everyone to agree upon solutions. Peacemakers are trained by teachers on-site to learn how to handle the various conflicts that might arise during recess.

To join the Peacemaker program is completely voluntary. Classroom teachers recommend students who have demonstrated initiative, cooperation, responsibility, empathy, self-control, and other essential social skills. The fifth-grade Peacemakers are responsible for training the incoming fourth-grade Peacemakers, solidifying the idea that they can make a difference. We are having a record number of students interested in joining the group this year.

Peacemakers have improved our school climate, reduced playground strife, and shifted our problem-solving responsibility to students. The communication and social skills that are developed in this conflict resolution process has empowered our students to voice their concerns while also respecting the feelings of others. All of our Lee students truly benefit from this program!

## Hopkinson Elementary

12582 Kensington Rd., Los Alamitos, CA 90720 • 562/799-4500 • www.losal.org



**Evelyn Garcia**  
Principal

### Class Act!

Huskies are very excited to start their second year with the Class Act Program mentored by a noted symphony orchestra. The League of American Orchestras and the National Endowment have selected Class Act as one of the nine most exemplary music education programs in the United States. We are so fortunate to be selected to participate in this amazing experience! This year, Class Act will explore the theme “Forces of Nature” through the music of Antonio Vivaldi.



This year’s Hopkinson musician, violinist Dana Freeman, introduced our students to the 2015–16 composer of the year, Antonio Vivaldi. The Class Act program enhances Hopkinson’s existing music program by providing additional musical experiences through the orchestra. Class Act works to increase awareness of and involvement with symphonic music for elementary school students and their families and educators. Teacher workshops foster high-quality classroom instruction and offer curriculum materials designed to enhance the objectives of the program.

## Los Alamitos Elementary

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



**Dr. Sunghie Okino**  
Principal

### Operation Gratitude

Upper-grade students connect to the school and the community through the Ambassador Leadership Program, which trains students to be leaders in public relations and community and school service. This year, the ambassadors led a school-wide community service project to support Operation Gratitude, a nonprofit organization that supports our military by sending care packages. These packages are sent to heroes in harm’s way, new recruits graduating from boot camp, wounded warriors and their caregivers, military children and families, veterans of all eras, and first responders.

Through Operation Candy Share, Los Alamitos Elementary School families were encouraged to donate Halloween candy, resulting in a collection of more

than 40 pounds! Students also wrote letters in honor of Veteran’s Day to include in the care packages. Charles Eichelberger, grandfather and Purple Heart recipient, represented veterans by sharing how important the support of friends and family is to those in the military.



# Los Alamitos *High School*

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



**Dr. Brandon Martinez**  
*Principal*

## Creative Collaborators

Los Alamitos High School teachers are setting the bar high for collaboration. Teachers regularly participate in instructional networking, wherein exemplary models of teaching are made available to staff members across the school. In a nutshell, teachers watch other teachers demonstrate signature practices with real students during a real class. More students are taking Advanced Placement courses and more students are meeting the A–G requirements as a result of the increased rigor and course access.

Los Al put on the biggest and most ambitious homecoming halftime show in school history. Over 450 students from Associated Student Body, marching band, cheer, and choir collaborated on a fully synchronized halftime show that featured dancing, singing, and musical performances. The night truly showcased the artistic and creative abilities of our students.



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# McAuliffe *Middle School*

4112 Cerritos Ave., Los Alamitos, CA 90720 • 714/816-3320 • www.losal.org



**Ann Allen**  
*Principal*

## Club Day

At McAuliffe Middle School, we strive to provide extracurricular activities that appeal to all students at every grade level. Research suggests that students benefit socially, emotionally, and academically when connected to their school and to one another.

McAuliffe's annual Club Day was held on Wednesday, September 30, during both lunches. All 1,250 students had the opportunity to visit the various club and activity booths, which were set up for them by the school staff. No less than 20 clubs were available to meet a diversity of interests, including academics, athletics, activities, and the arts. Some examples include Science Olympiad, Math Club, Interscholarship Debate Club, Intramurals, Run/Walk Club, Comic Book Club, Board Game and Comic Book Clubs, Make-a-Wish Club, Ecology Club, A Cappella Choir, and the Drama and Improvisation Clubs. In addition, Associated Student Body, the school's elected student body organization, plays a big part in campus life by presenting and supporting spirit events, including dress-up days, the Mummy Wrap, and other interesting spectacles.

Our Eagle News Club is a new offering in this year. Advisors Ms. McGovney and Mr. Maffett meet with student after school once a week to create and edit videos promoting events at school. Modeled after the Los Alamitos High School Griffin News program, Eagle News will benefit student participants and our entire school community.

McAuliffe is a special place for our young people to grow and prosper in a multitude of ways. School clubs and activities play a large role in that growth. Thank you to all the staff members and parents who participate in these events. Our students love you for it!

# McGaugh *Elementary*

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



**Dr. Jerry Gargus**  
*Principal*

## Celebrating Military Families

McGaugh Elementary School is privileged to create unlimited possibilities for students from families that currently serve in the US Armed Forces. We take great pride in the strong relationship between our school and each of the branches of the military represented at the US Naval Weapons Station, which is just across the street from our campus. With nearly 100 students from military families attending our school, our entire school community frequently takes time to show our appreciation for the sacrifices they make to serve our country.

Our annual Veteran's Day flag deck in November is a particularly special event, as we invite current members of the military and veterans to join us for a special ceremony, where each is presented with a certificate of appreciation for service and sacrifice. At this year's event, we were joined by the color guard from the 5th Battalion, 14th Marines. We also welcomed Marine Master Sergeant Odle, who delivered a patriotic and emotional speech to our students. The McGaugh chorus added to the morning by performing stirring renditions of the national anthem and a US Armed Forces medley.

In addition to our flag ceremony, we also created a wall of honor to display posters created by each class featuring the names of family members who have served or are currently serving our country with pride.

**Happy Holidays!**

# Oak *Middle School*

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



**Erin Kominsky**  
Principal

## Spotlight On English

The teaching and learning of English at Oak Middle School includes a wide array of engaging and rigorous experiences.

In grades six to eight, students are learning to defend their opinions using depth, complexity, and support from textual evidence. Many of our classes are also utilizing a Socratic dialogue structure that allows the students to have face-time discussions about literature that can provoke articulate and profound responses.

Our students are also encouraged to write both short and long essays that reflect their deep thinking about the authors' message and tone. Their writing utilizes the Google Docs program so that they can receive immediate feedback.



Writing-response journals are used to help the students keep track of character development. These also provide a place for them to interact with the novel by developing their own unanswered questions.

Our English instruction is focused on building a love for literature and writing. So hear us roar!

# Weaver *Elementary*

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



**Robert Briggerman**  
Principal

## A Class Act

By Vicky Vu, Class Act Parent Representative

Our Class Act program, mentored by a noted symphony orchestra, kicked off with exciting prelude assemblies in November. The theme, "Forces of Nature," showcased the music of Antonio Vivaldi, our composer of the year.

Students and teachers enjoyed hearing symphony musician Carolyn Riley play selections of this work on her viola while Columбина the Storyteller, played by Diana Manaster, wove in a tale of Carnival in Venice, Italy, Vivaldi's birthplace. Everyone participated in the interactive story while learning about musical terms like *forte*, *piano*, and *ornamented tones*. They learned how other composers also used natural imagery to create powerful pieces of music. Students are looking forward to individual class lessons with Ms. Riley in the coming weeks.



This incredible program of bringing a gifted professional musician to small classroom settings facilitates an appreciation of classical music while supporting academic instruction. We thank the orchestra and PTA for this wonderful opportunity!

# Rossmoor *Elementary*

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



**Kiva Spiratos**  
Principal

## The Elementary Campout

Rossmoor Elementary School continues the annual welcome-back tradition of the Rossmoor "Campout Under the Stars." This event utilizes the beautiful and spacious Rossmoor field for our family and friends to reconnect after the long summer months.

This afternoon and evening of good family fun includes dusting off the tent and camping equipment, staking a spot on our luscious green field, dining with friends, holding a scavenger hunt for the children, dancing with the DJ, and watching an outdoor movie projected on our handball wall. We also have a tent decorating competition, kettle corn, glow sticks, candy, and more!

Our annual campout brings hundreds of people together as a community to help celebrate the end of summer and launch the new school year. When all are asleep, we are even joined by our neighborhood bats and owls who long to join the fun! We hope to see you at the next Rossmoor Campout Under the Stars.



**A Rossmoor Brownie Troop enjoys earning a camping merit badge at our Campout Under the Stars.**

## LOS AL CONNECTS • From Page 1



**Dr. Sherry Kropp**

Thank you to our teachers for organizing and leading lessons, the participants, the parents who brought their children to school on a student-free day, our Associated Student Body (ASB) students for helping to facilitate the day, the Kids Korner staff for watching children before and after the lessons, the administrative staff for helping to facilitate the day, and Trisha Callella for putting the idea of Los Al Connects into practice.

Through the combined efforts of many, teachers were able to participate in a day they valued and appreciated, ultimately to "Ignite Unlimited Possibilities" for our students and families.



## Seal Beach Animal Care Center

1700 Aldofo Lopez Dr., Seal Beach, CA 90740 • 562/430-4993 • www.sbacc.org

### Orange Cats

By Murlyn E. Burkes, Cat Committee Liaison

Are orange female cats really that rare? People always remark the most orange cats are male and it is very rare to find an orange female. But it is not that female orange cats are rare—it is simply that an orange cat is more likely to be a male.

For a female cat to be orange, she must inherit two orange genes. One comes from the mother and the other from her father, who must be orange. A male cat needs only one orange gene, which he gets from his mother.

There are different types of orange tabbies. There is the classic orange tabby, which almost looks like the cat is tie-dyed. The mackerel orange tabby has stripes that are a darker shade of orange than the base coat. Then there is the spotted orange tabby, which has patches that are a darker shade than the



Whisper.

body. The Abyssinian is also considered part of the orange tabby cat; however, this cat is a breed and the orange tabby is not.

All of these orange tabbies have the classic M marking on the forehead. Orange tabbies can range from red to orange to yellow to buff. No matter what shade they are, people refer to them as orange cats.

## Girl Scout Troop 602

### Embracing STEM Education



Marissa Aldegarie

Girl Scout Troop 602 has become more involved with Science, Technology, Engineering and Mathematics (STEM) education. In October, as part of our STEM focus, we visited the Build It Workspace in Cypress, where we learned about lasers and three-dimensional printers. As a fun way to learn this technology, we laser-carved pumpkins for Halloween.

In November, we were involved in a marine protected-area STEM cruise, where we used underwater cameras to collect data, which will be used to monitor and manage Crystal Cove's underwater park. Also, in December, we will participate in a medical simulation lab and experience a realistic patient-care simulation using a high-fidelity mannequin, "SimMan3G."



Girl Scout Troop 602 at Build It Workspace with their laser carved pumpkins. (B) Payton, Lauryn, Marissa, Carmen, Phoebe (F) Savannah, Sophia, Summer. Siblings, Taylor, A.J. and Austin.

As a Girl Scout, I want all girls to experience STEM education so we can grow and learn how to be role models and encourage others to be involved in STEM careers. STEM skills, such as problem solving and critical thinking, are important to girls. Currently females only fill 24 percent of STEM jobs nationally, and we hope that our Girl Scout programs can make STEM learning accessible, interesting and fun.

## Parent To Parent

### Buying Love With Material Things



**Q.** My husband thinks every time his seven-year-old son asks for something, he should automatically buy it for him before his ex-wife can. It's like some sort of weird competition. I think his son is totally taking advantage of him and I'm sure things will get worse during the holidays. If I mention this, he gets very upset with me. What is the best way to get him to look at the situation as others do and stop trying to win his son's affection with material things?

Jodie Lynn

**A:** He may not even know that he is manipulating his dad, but simply expects the same results because his parents have unwittingly trained him to do so. They likely buy whatever he wants out of guilt for the failed marriage and shaking up his once secure world. There's even more pressure to try to be the most loved, popular and admired parent if one or both work out of town and/or have busy careers to the point where he is in a ton of after school programs or taken care of by others. The downside to this is that he will certainly learn how to manipulate others as well. Just do the best you can with the time he spends with you and don't feed into the current buying frenzy. As he gets older, try to volunteer for various organizations where he can go with you from time to time. Let him help you with an older person in the neighborhood by raking leaves, cooking or shopping for them. Read books and watch movies and TV shows where a child has decided to do something remarkable for the good of others. Hopefully, he and his parents will grow up and see the world as a place that is only made better when we do things for others and contribute to society as a whole.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. Her column Parent to Parent™ (www.ParentToParent.com) has been successful for more than 15 years. She is a regular contributor to several sites and has written four books and contributed to three others, one of which was featured on the Oprah Winfrey Show. She has authored several books including *Mom CEO (Chief Everything Officer)*, *Having Doing*, and *Surviving it All!* and *Syndication Secret—What No One Will Tell You!* Check www.ParentToParent.com for details on new radio talk show, Inside Parenting Success.

## On The Run

### Fungus Can Live in Your Socks!



Dr. Doug Richie

There are advertisements running regularly on television promoting two new treatments for fungal toenail infections. Toenail fungus is a common problem among runners and active athletes. It is well known that treating toenail fungus can be challenging and relapse after treatment is common.

One overlooked reason for failure of treatment of toenail fungus is the role of socks and shoes causing re-infection. It has now been well documented that fungus can survive in the socks of patients treated for athlete's foot and toenail fungus. These

socks can contaminate other laundry in the clothes basket and can contaminate other laundry in the washing machine.

Washing socks in hot water with standard detergent will eliminate fungus. However, washing socks in warm water (around 100 degrees) will not kill the fungus. This can be a problem when cleaning mixed laundry products.

Do not overlook the importance of cleaning your socks after daily use by machine washing at a hot temperature. This may be the easiest and best method to prevent fungus infection in your feet.

Dr. Doug Richie is a sports podiatrist who has practiced in Seal Beach for 33 years. He is Past President of the American Academy of Podiatric Sports Medicine and serves on the medical staff for Long Beach State Athletics.

# True Friends Stick Together



Keira

*I Survived the San Francisco Earthquake, 1906*  
By Lauren Tarshis  
The I Survived

books are a *New York Times* best seller series. I loved this book about Leo, Morris and Wilkie, the main characters



who lived through a disastrous earthquake in San Francisco. Wilkie and Fletch are two bullies who torment Leo, but when Wilkie gets buried under a pile of bricks, Leo and his friend Morris realize nobody deserves to die, and they save the bully Wilkie. When Wilkie finds out his supposed "friend" Fletch leaves him to die, he becomes friends with Leo and Morris who saved him.

This book is about how true friends always stick together no matter what. In difficult times is when you find out who your friends really are. I found this book to be really interesting.

I give it 5 out of 5 apples!

Keira Fukuwa is a fourth grader at Los Alamitos Elementary. Besides reading, she enjoys soccer, jazz dance, crafts and cooking. Keira rates books 1-5 apples with 5 the best.

# Enjoy the Story



Sean Whittle  
Branch Manager

The holiday season makes me think about the changes going on around us. Winter is always my favorite season, because it causes me to reflect upon the speed with which I have lived my life, and how that affects my family.

But around this time of the year it sometimes feels like we need to speed up and be under the pressure of more deadlines. There are gift lists, party lists, and places to go. Many times people are busier than ever! Meanwhile, nature itself is slowing down. The trees become bare, the temperatures go down, and the days shorten. Nature seems to be saying, "Slow down. Stop and take a look around."

This is easier said than done for some people, but perhaps it is time to reflect upon the pace that we are keeping, and how this is influencing our little ones. I know that the experience of something is often of secondary importance to its completion. "I got through another day. Phew!"

But in our culture of accumulation and consumption, we sometimes miss the whole middle part of the story. It's like reading a book. The enjoyment of a story is the story itself, and not saying that you finished it, or that you amassed a list of books to read.

In a similar vein, I want to bring your attention to Ancestry.com. This resource is available on our Library computers, and it is the world's leading genealogy website.

Haven't thought about genealogy? Well, now's the time to try! As you are working on enjoying the simpler things of life, you can also delve into your heritage and family history. Children enjoy this process as well, and love charting out their family tree.

We at the Library hope that you enjoy your holiday season, and the stories in which you take part.

# Winter Words 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](mailto:Kay@schoolnewsrollcall.com) (Please put LAUSD in the subject line)

Entries must be received by January 15, 2016.

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

- |               |             |              |
|---------------|-------------|--------------|
| BLIZZARD      | ICE SKATES  | SNOWBOARDING |
| BOOTS         | ICICLE      | SNOWFLAKE    |
| CABIN         | MARSHMALLOW | SNOWMAN      |
| CHILLY        | MITTENS     | SOLSTICE     |
| FIREPLACE     | MOUNTAINS   | SOUP         |
| FREEZING      | OLYMPICS    | TOBOGGAN     |
| FROST         | POPCORN     | UMBRELLA     |
| GINGERBREAD   | RAINCOAT    | VACATION     |
| HOLIDAYS      | SCARF       |              |
| HOT CHOCOLATE | SLED        |              |

**Congratulations to  
Pryce Phungraksakiat  
Winner of the October Word Search Contest!**



## Standards-Based Assessments



**Dr. Al Mijares**  
Superintendent

In September, the state released the first batch of new assessment scores that revealed how well students are learning California's English and math instructional standards.

The result? Orange County students had outpaced their state and regional counterparts, both on the English and math portions of the test.

That's good news, yet these inaugural scores also reflect how much more work is needed as we continue our transition to 21st-century learning standards. Indeed, we are witnessing a remarkable transformation for education that's not unlike the construction of a new highway system; and just like building a highway, some time will be needed to fully calculate the economic benefits.

If you're not familiar with the new California Assessment of Student Performance and Progress, or CAASPP, student scores in English language arts and mathematics are divided into four achievement bands — standard exceeded, standard met, standard nearly met and standard not met.

According to data released by the California Department of Education, 53 percent of Orange County students met or exceeded the English standard in 2015, and 45 percent did the same in math. California's rates were nine points lower in each subject, with 44 percent of students meeting or exceeding the English standard and 34 percent meeting or exceeding the standard in math.

It's worth noting that Orange County students actually performed better on these 2015 assessments — at every comparable grade level — than students in the county who first took the California Standards Tests back in 2002.

Drill down a little deeper and you'll find several local success stories. At Middle College High School in the Santa Ana Unified School District, an astounding 99 percent of 11th-graders met or exceeded the CAASPP standard for English. The Irvine Unified School District posted the highest math scores in the state among districts with 25,000 students or more. And when you combine the number of students who met or nearly met the standards in Orange County, our population posted rates of 76 percent in English and 72 percent in math.

California officials have stressed that the new assessments should not be compared with those of previous years, as the tests — and the standards on which they are based — are so fundamentally different from the bubble-in versions that preceded them. Yet these results can and will serve as the baseline for measuring future progress in Orange County and elsewhere throughout the state. Even more important, they're ensuring teachers and administrators have the information they need to make data-driven instructional decisions in the classroom.

In the end, it's less about state and regional test scores and more about meeting the needs of each student — and ensuring all are equipped with the knowledge and skills required for college and career readiness and success.



## Every Step – Summit



**Tyler Robert Armstrong**

Now it was time for the final push to the top. I could see the trail going up, and then all of a sudden I saw a little stone hut off in the distance. I could hear other climbers hooting and hollering as they celebrated reaching the top. I knew I was almost there. I was so excited. A few minutes later I looked up and there was the summit of Mt. Whitney! I couldn't believe my eyes. I was actually standing on the highest peak in the contiguous United States. I had done it in 7 hours and 50 minutes.

On the summit there is a stone hut used in case of bad weather, especially lightning. There is also a large book to sign your name and give other information about you to show you reached the summit. I thought that being at such a high elevation there would be a ton of snow, but I was wrong. The summit was a bunch of large rocks. We were so high that trees and plants don't really grow. However, I still enjoyed knowing that I was on the summit. The view was amazing because you could see all around in 360 degrees because nothing else was higher than me. I could see all the way down to Lone Pine city and the road coming up the mountain. I could even see the start of the trail where we had camped at our car. What I was shocked to see is that I could see most of the trail that we had hiked up during the night and earlier that morning. (So if any of you want to climb mountains for an amazing view, the place to go is Mt. Whitney!)

After taking a bunch of pictures and talking with other climbers, it was time to get off the summit. We were only half way done with our climb. We now had to hike back down to the car before it got too late. In order for me to have the record, I needed to complete the entire 22 mile hike in 1 day.

On the way down some people who I had passed going up, asked me if I made the summit. I said "Yes!" They were very proud of me and I encouraged them to keep going for the summit. Hiking down I was able to see everything in daylight that I had seen in the dark earlier that morning. Everything looked completely different in the daylight. Some things I thought I had seen weren't really there or looked different. At night I thought I saw a road runner, but in the light it was just some rocks. Also, I thought I saw a tall man near a cliff edge, but was actually just a small tree with some weird branches.

About 2 hours from the end of the hike, we got to the last ridge where I could see the last part of the trail. I was so excited that all of my hard work was going to pay off! I started to run, faster, and faster until I tripped on a rock and cut my knee open. OUCH! AH! MY LEG! Blood was rushing running down from my knee. It got all over my socks and shoes. It was the pain more than the blood that was affecting me. It was terrible! We spent a 1/2 hour cleaning and patching up my knee. My dad wrapped up my knee so I could not bend it much. He gave me his hiking poles so I could take pressure off my knee and be more stable. What should have taken me less than 1 hour to finish took me almost 2 1/2 hours to get to the end.

Finally we got to the end! It felt amazing. I was proud of myself for setting a goal, doing months of hard training, and never giving up despite being injured. We went to the Whitney Portal Store to tell the woman working we made it and I got a coke to celebrate. She was so impressed that she gave me a Mt. Whitney poster, patch, and a T-shirt. We then drove down the mountain to get a pizza dinner and get to the hotel for some much needed rest.

The next morning, we headed for home. During the drive back, some of the news stations began calling my dad. They wanted to interview me. I was astonished! The ride home seemed like it was taking forever because I was so excited to see my mom and little brother. When we finally turned onto our street I could see my house. But we could not get onto our driveway, because there were so many news vans. It was great to tell them about how my hard work had paid off and about my amazing adventure up Mt. Whitney.

Publisher's note: I read an article about Tyler and immediately invited him to be a guest columnist. He is such an inspiration and I want our readers to hear his amazing stories. If you can't wait for the next column, please enjoy Tyler's web site! [www.topwithtyler.com](http://www.topwithtyler.com) and [www.facebook.com/topwithtyler](https://www.facebook.com/topwithtyler) and [www.youtube.com/user/TopWithTyler](https://www.youtube.com/user/TopWithTyler)

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