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School News

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Covering the La Habra City School District

VOLUME 5, ISSUE 13

OCTOBER 2018–JANUARY 2019



Dr. Joanne Culverhouse
Superintendent

Most school district employees use the summer months as a time to relax, vacation, and recharge for the upcoming school year. Not the outstanding staff of La Habra City School District!

Most of our staff packed and unpacked classrooms, prepared to either change schools or grade levels, worked at Summer Academy/ESY, reviewed new curriculum, designed lesson plans, and attended trainings. Our custodial, utility, technology, grounds, maintenance, and district office personnel worked nonstop all summer to prepare for our new reconfiguration.

In 15 months, we have successfully reconfigured, redesigned, and revitalized our entire educational system. All of our school now have a magnet focus with a Transitional Kindergarten (TK) through sixth-grade model.

How did we do it? We focused on the outcome with confidence that students would benefit from our hard work and dedication. The first of many Reconfiguration Task Force meetings began on May 9, 2017. After several meetings, the staff spent the summer and fall developing a plan. We consulted with a demographer, changed boundaries, established school focuses,

conducted a critical analysis of school capacities and staffing, created criteria and guidelines for intra- and inter-district transfers, conducted analyses of transportation, conducted teacher outreach, and held parent information nights at each school.

Staff assembled and mailed 4,700 parent letters and packets. We also conducted two R U Ready rallies to provide parents with information and answer questions regarding the content of the packets.

Children in the La Habra City School District will now have the opportunity that other students in the surrounding areas have, and they can attend magnet schools with a focus on high academics and specialized programs.

I invite you to think about something written long ago by Ralph Waldo Emerson that still resonates today: "Do not go where the path may lead. Go instead where there is no path and leave a trail."

I am proud that we have blazed a trail filled with successes and accomplishments as, together, we launch the best year yet for La Habra City School District. We are Stronger Together...#ITeam1Vision.

#WE ARE READY!

New Learning Opportunities



Sheryl Tecker
Assistant Superintendent Educational Services

You may be wondering how the reconfiguration of La Habra City School District (LHCSD) impacted teaching and learning? We have redesigned and revitalized each of our nine schools, and, with reconfiguration, came a lot of change for our teachers.

Approximately one-third of our teachers changed grade levels. These teachers are now learning the standards for their new grade levels.

Approximately 25 percent of our teachers changed school sites but are still teaching the same grade. These teachers are learning about and helping to create new school cultures and focuses.

All of our Transitional Kindergarten through fifth-grade teachers are engaged in learning a new math curriculum, Bridges, and our sixth- through eighth-grade math teachers are learning how to implement their new curriculum, Math Links. All of our teachers are also creating lessons and projects that support the focuses of their schools, including International Baccalaureate, Code to the Future, Visual and Performing Arts (VAPA), and Science, Technology, Engineering, Art, and Math (STEAM).

LHCSD teachers are currently modeling for our students what it means to be lifelong learners! In addition, reconfiguration allows teachers to closely and continuously monitor student progress for six to seven years in our elementary schools and differentiate instruction as needed.

We are so proud of our teachers' efforts to create new learning opportunities for our students!



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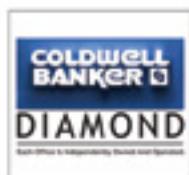
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Kay Coop
Founder/Publisher



This is our 5th year publishing the excellence from the LHCS. Thank you for continuing to include *School News* among your reading choices.

By now the students are settled into their routines and focused on academics. On the front page Superintendent Dr. Culverhous says it all...they are ready!

In this issue you will read why the students are excited to go to school.— Dual Immersion, College-Bound Scholars, Computer Science, IB school, and so much more.

Our next issue is February 13, 2019.

Mortgage Rates and Programs

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Arbolita *Elementary*

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Jennifer McCully Rodriguez
Principal

Greatest School on Earth!

Arbolita Elementary, Home of the Bees, is so excited to be La Habra City School District's Visual and Performing Arts Academy! We have embraced the reconfiguration process by onboarding our new students and staff with team-building and collaborative activities. Our theme for this year is "This Is Where You Wanna Be—This Is the Greatest School!"

We are so excited to be implementing a new mathematics program in addition to new initiatives aligned with our school focus! As a VAPA school, we have earned the Lang Lang Keys of Inspiration Grant, complete with a new piano lab on campus!

Although the grant focuses on grades two and three, grades two through six will have the opportunity to work and learn in the lab.



In addition, our TK, K and first-grade students will be exposed to music by our music teacher. Our fifth- and sixth-graders will have the opportunity to try out for choir or join our Ukulele Club. We received a musical-in-schools grant from an entertainment corporation and will be producing the musical *Jungle Book* in the spring.

Student writing will come to life through the actors during the Imagination Machine interactive assembly in the winter! We continue to emphasize the spirit of one team/one vision and uphold our high expectations and success for all students. This gives us the opportunity to collaborate, innovate, commit and achieve to our highest levels!

El Cerrito *Elementary*

1051 N. Hillside, La Habra, CA 90631 • 562/690-2340 • www.lahabraschools.org



Emily Szary
Principal

A Computer Science Magnet School

El Cerrito Elementary School, which serves students in grades TK–6, is excited to be sharing the news that we are one of two computer science magnet schools in Orange County, and that all of our students will be issued their own iPads for use at school and home!



Our students share solutions that feature computer programming with a real-world audience beyond their teachers. They also collaborate with experts as they use computer programming skills to solve problems. These experiences contribute to student ownership of their work and deeper, longer-lasting learning in all content areas.

We have partnered with Code to the Future to provide a supported Computer Science Immersion Program. Our students are engaged in a structured program that provides regular computer science lessons and activities. These activities include learning programming languages and how to apply what they learn using LEGOs and Minecraft.

As the school year progresses, our computer science lessons will be woven into other core subject-area instructional time. Our teachers are provided weekly support and coaching from a Code to the Future "Coach" who provides instructional resources and lessons to help students solve relevant and authentic problems. These efforts will be showcased to the community throughout the school year. The showcases, known as "Epic Builds," will occur several times a year.

El Cerrito students will be equipped with skills to ensure success in the future. We are very excited about this opportunity!

Imperial *Middle School*

1450 S. Schoolwood Dr., La Habra, CA 90631 • 562/690-2344 • www.lahabraschools.org



Cathy Seighman
Principal

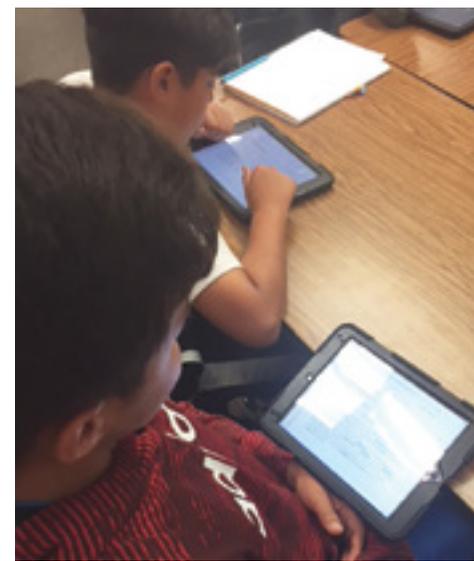
IB School!

As we start the new year at Imperial Middle School, exciting changes are afoot. This past spring, our application for candidacy was accepted, which

enables us to embark upon a journey to become an International Baccalaureate (IB) school through undergoing the process to achieve authorization. This endeavor will positively challenge our students with rigorous academics and solid character development. Further, it will deepen our commitment to the visual and performing arts.

Student learning is focused on making real-world connections that engage and empower our students to grow into lifelong learners. The IB student profile aims to develop learners who are inquirers, knowledgeable, thinkers, communicators, principled, open minded, caring, risk-takers, balanced and reflective.

We invite you to join our school community in this important and exciting journey. Together, we will collaborate, innovate, commit, and achieve success for all students!



Ladera Palma *Elementary*

2151 E. Brookdale Ave., La Habra, CA 90631 • 562/690-2348 • www.lahabraschools.org



Rosamaria Murillo
Principal

Dual Immersion

After a very busy and industrious summer, we are ready! The Dual Immersion Academy has completely moved into its new home at Ladera Palma Elementary School. We are excited to offer our fabulous and rigorous program in such a beautiful setting. After the momentous task of reconfiguration, redesign, and revitalization in the La Habra City School District, we are in the right place, with each of our schools able to offer a distinctive focus that will support our students' academic achievement.

Our Dual Immersion (DI) Program offers native Spanish speakers and native English speakers an opportunity to maintain and develop their first language while acquiring native-like communication and literacy skills in a second language. The Dual Immersion Program follows a 90:10 model, which focuses on Spanish immersion first with sequential bilingual/bi-literate skills acquired in English. English is added to the curriculum incrementally, so that by fourth grade students are receiving instruction for 50 percent of the day in each language, both English and Spanish.



The Dual Immersion staff is committed to incorporating the arts, project-based learning, and coding in our students' curriculum through the target language, Spanish. Additionally, we opened the first Transitional Kindergarten Dual Immersion Program in our area!

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Las Lomas *Elementary*

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Pam Cunningham
Principal

An Exciting New Year of Changes

It was exciting to be welcoming back so many familiar faces to Las Lomas this year!

The new school year brings many exciting changes. One of the biggest is that we will now service students from Transitional Kindergarten through the sixth grade. In addition to our parents, students, and community continuing to receive outstanding programs, curriculum, and instruction from our teachers, we have also added an Entrepreneur Exploration component to our already exceptional programs.

Entrepreneur Exploration will provide our students with real-world experiences through hands-on, project-based learning opportunities. Through a close collaboration with the local businesses of La Habra, our students at all grade levels will become “innovation ready.” These partnerships will enable the students to explore problems that focus on community issues which are both diverse and centered on inspiring young minds to engage in creating learning beyond the textbook. These partnerships will assist in inspiring our students to think creatively and critically about community issues, and develop the problem-solving and communication skills they need to become engaged learners for the challenging futures ahead of them.

We are also excited to announce that we received two special grants for our students this year. The first grant is through the Lang Lang Music Foundation for our second- and third-grade students. This grant will enable these students to learn keyboarding/piano skills with a trained music teacher two times a week.

The second grant is with the Segerstrom Center for the Arts to bring Disney Musicals in Schools for our third- through sixth-grade students. Students will learn all about theater, and will also perform in a live musical theater production in the spring.

All of these experiences will ultimately improve student academic performance, attitudes toward career possibilities, and motivate the children to persevere and seek out a variety of career options.

Las Positas *Elementary*

1400 S. Schoolwood Dr., La Habra, CA 90631 • 562/690-2356 • www.lahabraschools.org



Sharon Hensley
Principal

Getting in Gear

Our Las Positas Elementary School students, staff, and families have had an extremely successful and exciting opening to the 2018–2019 school year. As designed during the reconfiguration, Las Positas is now a TK–5 grade school!

With our International Baccalaureate Primary Years Programme Candidacy Phase underway, our students are studying about the Learner Profile, and they are already becoming global learners and leaders. The majority of our staff was trained in the International Baccalaureate Primary Years

Programme philosophy over the summer.

As a staff, we began our journey together by developing a new school Mission Statement aligned to the IB philosophy. Through collaboration and staff consensus, the Las Positas Mission Statement now reads: “To develop inquiring, knowledgeable, and caring students who become active, compassionate, life-long learners and globally responsible citizens.”

Our students are highly involved, and are already making a difference. The Ambassador program is now underway, and our students are helping others, being kind, developing Action Projects, and showing leadership throughout the campus. Older students have partnered with younger students by walking them to lunch, greeting the younger students in the morning and taking them to breakfast, greeting adults who visit the campus, conducting family tours, engaging in partner reading, celebrating our families, and much more!

One of our many goals this year is to empower students to be “change agents.” We also want them to live the IB PYP philosophy of global mindedness, and to come up with solutions to the problems that they may see in their everyday lives and in those of students around the globe.

Inquiry is also in full swing in the classrooms, playground, and lunch tables at Las Positas! We are off to an excellent start on this amazing IB PYP journey.

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Sierra Vista *Elementary*

1800 E. Whittier Ave., La Habra, CA 90631 • 562/690-2359 • www.lahabraschools.org



Anna Dorado
Principal

College-Bound Scholars

Sierra Vista School proudly welcomed students to our newly reconfigured Transitional Kindergarten through sixth-grade school on Monday, August 20. Students arrived on a welcoming, safe campus that celebrates their journey toward learning.

Sierra Vista is a No Excuses University school. It is our mission to educate each child so he or she will be college and career ready. We want our students, when it is time, to pursue the paths of their choice, so we strive to provide them with the readiness skills to make their dreams a reality.



As a No Excuses school, we take pride in the six exceptional systems which allow each child to reach his or her fullest potential. With the help of all staff members and, most importantly, our parents, we can create solid foundations for our students to experience throughout their elementary school careers so they are better prepared to enter junior high, high school, and beyond.

We are excited for the work ahead and look forward to creating college-bound scholars!

Washington *Middle School*

716 E. La Habra Blvd., La Habra, CA 90631 • 562/960-2374 • www.lahabraschools.org



Dr. Edward Resnick
Principal

Expanding Opportunities!

The La Habra City School District has excelled through major changes over the past year. Washington Middle School is no different. We are proud to announce our new administrative team, Principal Ed Resnick, Ph.D., and Assistant Principal Liz Maldonado. In addition, we are lucky to introduce our new counselor, Julie Cruz, and our office manager, Sonia Kneip.

The WMS Patriot teaching staff is proud to continue our work as a strong Science, Technology, Engineering, Arts, and Mathematics (STEAM) Academy. We continue to offer coding, electrical engineering, aeronautics and flight, design and modeling—computer-aided design, and automation and robotics as part of our illustrious Project Lead the Way (PLTW) program. In order to provide a more rich and diverse experience for all students, we added the A (Arts) in STEAM by offering art, music and drama classes through our elective program.

2018–2019 is off to a great start for the Patriots!

Walnut *Elementary*

625 N. Walnut St., La Habra, CA 90631 • 562/690-2369 • www.lahabraschools.org



Dr. Alma Noche
Principal

Welcome Walnut Wildcats

This year, we will be creating a future together. Walnut STEAM academy will be focused on engaging students with high academic rigor with an emphasis on STEAM. STEAM integrates the study of Science, Technology, Engineering, Arts, and Mathematics. Our students will begin to think like engineers, mathematicians, artists, innovators, and technologists. They will be involved in creating new materials or repurposing current materials in the Makerspace Lab. They will also learn about coding, programming, and videography in our computer Lab.



Our goal this school year is to assist all our Wildcats to begin to think of their own future with STEAM. We also want to make sure that we work with our families and community to create this STEAM city.



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Richard's Book Review

Perservance



Richard J.

The Wednesday Wars

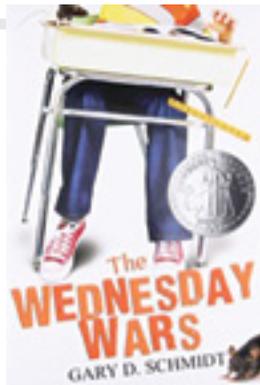
By Gary D. Schmidt

This book is about the boy named Holling Hoodhood in 1976. Throughout the year Holling deals with many difficult situations. He is the only kid in his middle school who isn't Jewish or Catholic, which means that during Religious Studies he has to

stay in English Class, do classroom chores and study Shakespeare. It is 1976 and everybody is struggling with the fear of the Vietnam War. Holling had a rough year, which happens to all of us, but in the end he got through and won the respect of his teacher, family, and classmates.

I like that the story is set in a different time period. It's interesting to read about how people lived back then. The story is about perseverance and growing up under difficult circumstances. It's funny, but serious. I give it 5 out of 5, with 5 being the best.

Richard J. is a 4th grader. Richard likes math, playing sports, physical activities like bike-riding, swimming, diving and running. He is a hard-working student who enjoys reading, seeing and leaning new things and spending time with his family and friends.



B is for Book

Leaves You Thinking



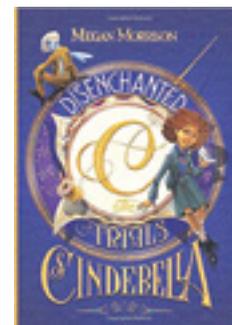
Bailey

Disenchanted: The Trials of Cinderella by Megan Morrison is one of my fairy tale favorites.

Ella Coach and her mother are just poor people working for the terrible Lady Jacquard. When Ella's mom dies, she has nowhere to go, but with her father. Her father, on the other hand, has married a rich lady and has a blooming business. For Ella, this life is terrible! The snooty, high-class people and knowing what the lower class is going through makes Ella Coach miserable. Will Ella make a difference for those with no power without ruining her dad's business? Or will the first class bring her down?

I really enjoyed this book because it opened my eyes to what is happening in the world, even though it is definitely fiction. The unexpected twists are jaw-dropping with wonderful characters. I rate this book 5 out of 5 stars.

Bailey is a 7th grader who loves being with her friends and reading. When she isn't doing these things, she's dancing ballet or lyrical.



Jenna's Review

A Magical Aventure



Jenna C.

In *Unicorn Princesses-Sunbeam's Shine* by Emily Bliss there is a real unicorn girl named Cressida. All she cared about was seeing a real unicorn.

But her family always said unicorns are fake. One day, she found a key that was glowing pink. She went back home with the key and the next day she went to deliver the key back. There, she saw a unicorn saying "where did I leave the key?" Cressida asked,

"are you looking for this?" The unicorn looked surprised. "Can you see me?" "Of course I can." Sunbeam, the unicorn said only a human who believes in unicorns can see her. "That means you can go to the rainbow realm to find my sapphire to get my powers back." So off they went to find the sapphire. Will they find it? Can Sunbeam get her powers back? I like this book because it takes me on a magical adventure.

Jenna is a third grader. She likes art and soccer. She likes imaginary stories and someday she wants to be a book illustrator.



Katie's Review

Be Grateful



Katie C.

By Ilyasah Shabazz

Better Before X is about Betty Shabazz. Many may know her just as Malcolm X's wife, but before that happened, she was a young girl growing with several hardships. Betty used to live with her Aunt Fannie Mae and her grandma. When her aunt dies, she moves to Detroit to live with her mother Ollie Mae. What Betty doesn't understand is why

Ollie Mae doesn't love her. Eventually she's had enough of her mother. She runs to a kind couple's house and they take her in. Betty joins the Housewives' league which supports black-owned businesses. She gains confidence as she does so, and eventually she realizes that the right decision isn't always clear. Betty learns to count her blessings because there are so many blessings that she doesn't notice. I rate this book a nine out of ten because it taught me to be grateful for what I have.

Katie is a ninth grader. Her passion is writing and she likes finding new ways to structure poetry. She is working on creating a story line with a series of poems. In her spare time, she enjoys soccer, song writing and reading books.



Sophie's Choice

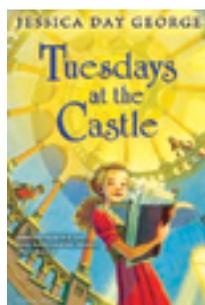
Mystery, Danger...



Sophie O.

For this book review, I chose *Tuesdays at the Castle*. This book is the start of an amazing story written by Jessica Day George. In this book, there is an adventure, a little bit of mystery, danger, and stealthiness. Tuesdays at the Castle is based on the Glower Family, who live in Castle Glower. Castle Glower is magical and every Tuesday a new room appears.

Let me introduce you to the main characters, Lulath,



Lilah, Rolf, Pogue, Celie, Bran, and Queen and King Glower. But, beware you might not want to put this book down. The King and Queen go to Bran's graduation, and on the way back they are thought to be killed! A funeral is taken place in which they meet some cruel and evil people, and find out that you can't trust everyone. This book definitely deserves a five-star review. Read this book and the whole series if you're curious to find out what will happen to the Glower Family.

Sophie O. is a 6th grader who loves to play soccer and bake. She's an avid reader and writer and is working on writing her first book. She hopes to be an architect one day

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Alana's Book Review

Helpful Writing Book



Alana F.

Do you ever feel the pains of writer's block? Chances are, you have, if you've ever written before. Well, here's the funny and extremely useful solution! Insightful and hilarious, *642 Things to Write About* is endlessly helpful. Containing prompts like "A houseplant is dying. Tell it why it needs to live," to "A day in the life of the person sitting next to you," this book will give you the best ideas to spark your creativity.



This book is amazing for beginning and experienced writers alike. I'd give it seven out of eight triforce shards for being inspirational and creative, seemingly never running out of things to give you. 642 is a lot of prompts, after all. And even if you're not a 'writer,' per se, this book is great for passing the time. So pull up some cushions, make yourself a cup of tea, and release your inner writer!

Alana is a student columnist and a self-proclaimed "huge nerd." When she doesn't have a book in her hands, she loves to play video games and write fiction. She rates books on a scale of 1-8 triforce shards with 8 being the highest

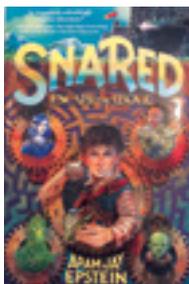
Keira's Book Nook

Action Packed



Keira

Snared is a very heartfelt book about a hobgoblin trapsmith named Wily Snare, who has never been above ground until he meets Odette, Pryvyd, and Moshul after they successfully defeat his traps. From them, Wily learns that the Above is not so bad, and that he is actually human. He also discovers that in the Above the Infernal King takes hostages and brings them to prison, from



which no one ever escapes. Wily then aids the fight against the Infernal King, in the process learning about sunsets, butterflies, and experiencing harrowing encounters with death. This is a book of fantasy and adventure that I would recommend for any sixth through eighth graders that don't mind the suspense of cliffhangers. I rate this book 4 out of 5 stars because although it was an action packed novel, it was not quite captivating enough to remember forever!

Keira is a 7th grader who loves to read. She also enjoys crafts, traveling, soccer and playing with her cats. Her reviews are rated from 1 to 5 with 5 being the highest.



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What is Livestreaming?



Livestreaming is a technology that lets you watch, create, and share video in real time. It's similar to a live TV broadcast, except it's done with a phone and an app instead of a camera and microphone. And instead of a pre-scouted, controlled location, livestreams tend to happen wherever kids are: a bedroom, a concert, even classrooms. Livestreaming also borrows from the world of video chat. FaceTime and the popular group-chatting app ooVoo, for example, enable livestreaming.

Livestreams can be public or private. While some internet-famous folks livestream on public channels, most tweens and teens livestream fun stuff -- like their cat walking from room to room -- just for the people who follow them on social media. (Depending on the platform, a livestream that isn't viewed at the time it's uploaded is available as a recording for a certain amount of time.)

Lots of apps that are popular with tweens and teens, including musical.ly, Snapchat, and Instagram, offer the ability to livestream as one feature among many. Users can choose to go live as easily as they can upload photos and status updates.

Apps such as Twitch and YouTube provide a platform for more serious internet creators who livestream for a dedicated audience (and to make money). Hosts can broadcast live and either tell their followers to tune in at a specific time for a live show or record it to be watched by fans later. Let's Play videos -- where gamers broadcast themselves playing video games -- constitute one of the most popular livestreaming categories, with over 600 million total viewers in 2017 and 25,000 streamers on Twitch alone. Other popular livestreams include: musical performances by acts both famous and not; news and interviews from both professional and amateur sources; sports events; and even people who record their daily lives for avid fans.

A common element of all livestreams is that they are interactive. During a livestream, the audience can comment and the host can respond. And, of course, livestreams can get "liked" -- or not -- by friends. Some livestreaming platforms allow viewers to send the host money, gifts, and other expressions of appreciation.

Is livestreaming safe for kids?

It really depends. Because it's live, anything can happen. There's bad language, hate speech, sex, violence, and even physical harm. People who do livestreams for a large audience have every incentive to make their content as attention-getting as possible to stand out from the crowd and gain more followers. Some livestream apps such as BigO Live allow livestreamers to receive money from their viewers, which can encourage the host to perform ever-more-outrageous scenes to satisfy their audience. Livestreamers have been known to record outrageous and risky stunts where the participants get hurt or even killed.

While there are definitely risks to watching this kind of age-inappropriate content, it's also risky for kids who are interested in doing livestreams themselves. The combination of inexperience and the quest for internet fame could lead kids to create situations that put themselves and others in danger or expose things that should be private. While some apps delete videos after 24 hours, some keep them up forever -- and they can also be recorded by other users -- so something that seemed fun and harmless in the moment could haunt your kid for a long time.

Common Sense Media is an independent nonprofit organization offering unbiased ratings and trusted advice to help families make smart media and technology choices. Check out our ratings and recommendations at www.commonsensemedia.org

To Play or Not to Play



Jodie Lynn

Q. My five-year-old daughter wants to play soccer. Many of her friends started last year and have played back to back sessions. I think she will want to quit because she doesn't like to be outdoors if she gets hot. My husband says to let her try. What should I do if she starts playing and thinks it's too hard or whatever?

A. Since there's no way to know for sure whether or not she will want to quit, have her run around the actual soccer field when it's not in use and see how she feels. Have a ball available for her to also try to kick and control as she is running. Explain that this is a little of what she could very well be experiencing at least four to five days a week, which includes practices. You might even ask a couple of her friends to come along and show her as closely as possible what a typical game might be like. Do this three or four days in a row if time allows and let her dad help out in this little exercise so he can see exactly what takes place for himself. If she balks, cries, gets angry or whatever and wants to stop, the two of you will know upfront that she is not prepared at this time to fulfill her obligation as a team member, especially as there are still hot days ahead. With this information in hand, no matter what she says or how she pleads down the road, it would most likely be best to either keep practicing with her (if she wants) and/or just wait a year or perhaps two before signing her up for a team. You'll be saving money, time, her self-esteem and your sanity...not to mention teaching her a valuable lesson of not only respecting what really goes into playing soccer but also that she may not be ready at this time for it and that's perfectly ok.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. www.ParentToParent.com

Ask Dr. Shari

Good for the Mind & Great for the Heart



Dr. Shari Sweetnam

The way we choose to spend our time and the activities in which we engage help form our value system. With a wide array of possibilities and opportunities, volunteering is a positive and vastly beneficial way of helping young people develop a strong sense of self.

Volunteering offers benefits spanning from the intellectual and spiritual to the educational and professional. As young people give of themselves and their time, they can learn about being selfless. In a busy world of "pursuit of personal happiness," too often the intrinsic values of empathy and giving are the lessons that are overlooked. Helping others via a structured volunteer program is a positive and safe way to develop oneself in this regard.

Additional Benefits of Volunteerism:

- **Learning:** Acquiring a new trade or skill can help teens see the world in a bigger picture and be inspired to continue to expand intellectually.
- **Networking:** Volunteering brings people of like minds, interests and values together. This will inevitably lead to positive interaction and healthy relationships.
- **Building the Résumé:** Engaging in service to others and taking the initiative to learn new trades or skills is a brilliant way to expand your portfolio. This is especially beneficial for students and young professionals.
- **Personal Growth:** As Mahatma Gandhi said, "The best way to find yourself, is to lose yourself in the service of others." Teens who experience growth at an early age are likely to continue cultivating positive behavior and friendships.

Motivational Speaker, Founder of *The Brainpower Programs for Schools*, Author, Consultant, Radio Host contact: info@doctorshari.com, www.doctorshari.com, twitter: DrShariS, Youtube: Dr. ShariS, LinkedIN: Dr. Shari Sweetnam

Immersing Ourselves in the Natural Wonders



Dr. Al Mijares
Superintendent

Outside the urban glare of Los Angeles, we found a night sky packed with stars and a still silence interrupted only by the wind's whisper and the chatter of crickets and frogs. It was different, yet familiar.

My father packed little more than a kerosene lamp, a small tent and some fishing gear for those family camping trips of my youth. But it was never about what we brought or left behind.

It was about immersing ourselves in the natural wonders of Southern California's mountains, forests and beaches — and discovering that we were connected to something bigger.

Whether we were on a KOA Campground or Refugio Beach, every direction offered frontiers to explore, mysteries to be solved and scientific observations to be made, without textbooks, lab coats or microscopes. Allowed to chase our curiosities, my brothers and sisters and I were laying deep foundations for learning. But if you asked us, we were just having fun.

Today, technology has emerged as a primary frontier of childhood exploration. But while there are obvious benefits to raising tech-savvy children, I echo the sentiments of countless researchers who suggest we're missing out on opportunities to nurture brain development and strengthen mental health when we close ourselves off from nature.

Author Richard Louv, who has written extensively on this subject, points to an emerging body of evidence connecting nature to greater physical and emotional health. By contrast, disengagement from the natural environment results in what Louv terms "nature-deficit disorder," which, he says, correlates with attention difficulties, greater rates of physical and emotional illness, and reduced use of our senses.

Louv isn't alone. A number of writers, psychologists and academics have produced volumes quantifying the benefits of direct exposure to nature. At the same time, studies continue to show we're spending less time outdoors and more time with electronic screens, which do little to stoke happiness or well-being.

Access is part of our challenge. Census data shows that more than 80 percent of Americans live in urban areas, some of which lack parks or open space. And while more children are participating in organized sports, fewer kids are experiencing the outdoors through unstructured play, according to Louv, who blames a perceived lack of time, as well as concerns about safety.

In 2004, Rhonda L. Clements, professor of education at Manhattanville College in New York State, conducted a survey of 830 mothers nationwide. While 71 percent of them reported playing outdoors as children, only 26 percent said their kids did the same on a daily basis. Interestingly enough, the results showed little differences between rural and urban settings.

With supercharged academic standards and a greater focus on the STEM subjects of science, technology, engineering and math, some educators may choose to ignore these trends. But we do so at a tremendous cost given such extensive evidence that nature — in addition to being intertwined with a number of scientific fields — not only sharpens minds but amplifies learning in other subjects.

Indeed, a recent study of children ages 9 and 10 revealed that hands-on lessons in nature produce students who are more engaged in their other academic studies. Moreover, a duo from UC Berkeley points to more than 100 studies that demonstrate how exposure to nature can have positive impacts on thought processes, as well as our physical and mental health.

This is why environmental education programs like OCDE's Inside the Outdoors are so vital.

Since 1974, Inside the Outdoors has been nurturing student knowledge and stewardship of the natural environment with highly qualified staff and 15 field trip locations throughout Orange County and Los Angeles counties. Lessons are aligned with the state's instructional standards, and for classes that can't venture out, the program dispatches Traveling Scientists to schools, often accompanied by wildlife.



Third-grade students enrolled in the Inside the Outdoors' Wild Wetlands program.

Inside the Outdoors logs more than 150,000 hours of environmental STEM learning each year and has served some 3.5 million students to date. Suffice to say, many of these students might not otherwise have these experiences.

In April, about 100 teachers, school administrators and experts gathered in Orange County to discuss how outdoor and environmental learning experiences can be used to help develop a well-rounded curriculum. Jointly organized by OCDE, Inside the Outdoors and the state Department of Education, the symposium also offered educators a preview of how environmental literacy is being incorporated into the state's Next Generation Science Standards.

Richard Louv was also in attendance as the event's keynote speaker. The renowned author told the audience that "Every teacher who connects students to nature is doing

sacred work."

It is that and more. Teaching students about nature and immersing them in the natural environment is both transformative and enduring, producing benefits to our bodies and minds that we are only beginning to understand. Even as we prepare young women and men for an increasingly digitized world, we must continue to create opportunities to recharge their minds and spirits in the great outdoors.

As a child, my family didn't take lavish vacations. But I am fortunate that we could occasionally escape the urbanized confines of Los Angeles to experience a larger world that asked as many questions as it answered, and today these trips are among my most cherished childhood memories.

Years later, I see how they prepared me for life as an educator, as well as for trips with my own sons, who similarly had moments to gaze up at the countless stars and wonder.



City of La Habra, Community Services Recreation Division

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TAMALE FESTIVAL

Sunday, November 25, 2018
9 a.m. - 6 p.m.

Over 20,000 people attended the 2017 Tamale Festival

HIGHLIGHTS include food vendors, general vendors, live entertainment, cantina, artwalk, health fair, contests, events shuttle, and more!

For more information and event updates, please visit:
LAHABRATAMALEFESTIVAL.COM

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 City of La Habra Tamale Festival

School News: Save the Dates

Movie in the Park – Despicable Me 3, El Cerrito School	Oct. 12th
Red Ribbon Breakfast, La Habra Community Center	Oct. 25th
Kids Night Out, La Habra Community Center	Oct. 26th
La Habra Police Department Open House, LHPD	Oct. 27th
Veterans Day Ceremony, La Habra Community Center	Nov. 11th
La Habra Tamale Festival, Euclid St.	Nov. 25th
Holiday Drop & Shop, La Habra Community Center	Dec. 8th
Holiday Wishes, La Habra Community Center	Dec. 15th
La Habra Races, La Habra Marketplace	Mar. 9th
Egg Night, La Bonita Park	Apr. 19th
Spring Family Eggstravaganza, La Bonita Park	Apr. 20th



LA HABRA VETERANS DAY

NOVEMBER 11, 2018

Honoring Our Heroes

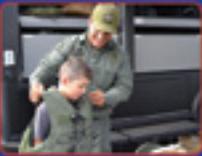
LA HABRA POLICE DEPARTMENT

LHPD

Open House

SATURDAY
10.27.18
10 A.M. - 2 P.M.

POLICE STATION
AT THE LA HABRA CIVIC CENTER
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(AT LA HABRA BLVD.)




- POLICE STATION TOUR
- JAIL TOUR
- K-9 DEMONSTRATIONS
- SWAT VEHICLES
- POLICE MOTORCYCLE DEMONSTRATIONS
- DUI COMMAND POST TRAILER
- FOOD & DRINKS
- KIDS' CRAFTS AND FACE PAINTING
- POLICE CARS AND EQUIPMENT DISPLAYS

 **OCTOBER 22-26, 2018**



Youth Red Ribbon Contests

Pre-K thru 5th Grade:
Poster Decorating Contest

6th thru 12th Grade:
Essay Contest

Please contact LHRecreation@lahabraca.gov, or call (562) 383-4200 for details.

KIDS' NIGHT OUT

KIDS, THIS EVENT IS ALL ABOUT YOU!

OCTOBER 26: Outer Space

AGE: 4-13 yrs. **FEE:** \$15/child

LOCATION: La Habra Community Center
101 W. La Habra Blvd.,
or by phone at (562) 383-4200
or online at www.lahabraca.gov.

TIME: 6:00 to 10:30 p.m.

Holiday Drop & Shop

December 8th
La Habra Community Center
8 am to 5 pm

Featuring: *Holiday Crafts & Games, Breakfast, Lunch, and snacks will be provided.*

\$20/Person



2018 Holiday Wishes GIFT & FOOD DRIVE

(Formerly known as Operation Santa)

Benefitting individuals, children & families that are experiencing challenging circumstances this holiday season.

Wish List:

- New Unwrapped Toys (For youth 2 – 12 years)
- Nutritious Non-perishable Food Items
- Gift Cards (For Individuals & Teens)
- Health & Wellness Donations (New Items Only)

DONATION DELIVERY:
May be delivered through Friday, December 8th:
La Habra Community Center
101 W. La Habra Blvd.
Mon. – Fri. from 7:30 a.m. – 8:00 p.m. or Location TBD

FINANCIAL DONATIONS (ANY GIFT MAKES A DIFFERENCE!)
Checks payable to City of La Habra
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Please deliver or mail to the La Habra Community Center