

FREE

School News



Education + Communication = A Better Nation

Covering the Newport-Mesa Unified School District

VOLUME 8, ISSUE 46

www.schoolnewsrollcall.com

APRIL / MAY 2012

A Pathway to the Arts

By Sofia Yarberry,
PAMA Senior and President
Corona Del Mar High School

The Performing Arts and Multi-Media Academy (PAMA) is a small learning community located at Corona del Mar High School. It consists of about 110 extremely talented high school artists who are interested in pursuing a pathway to music, studio art, 3-D design, theater, photography, film, fashion design, graphic design, and dance.

In the summer of 2010, a team of PAMA artists made a name for themselves when they won the national Hurley "Walk the Walk" competition at the U.S. Surfing Open. Their award was \$25,000!

The Academy also recently hosted their first-ever Battle of the Bands, where 11 rock bands competed for a

SEE CORONA DEL MAR H.S. • PAGE 7

N-MUSD Students Stay Fit Mentally and Physically



Jog-a-Thons, Battle of the Bands, Read Across America, CSI Science Activity, Making Healthy Choices...see articles inside.



Parent Education is Alive and Well



Karen Kendall
Director

Our district wants to partner with parents in the education of their children. To facilitate this partnership, we have a myriad of parent education programs in the Newport-Mesa Unified School District (N-MUSD) which focus on the needs of parents of our English learners.

The Parenting Wisely (PW) program, taught by our trained district school community facilitators, has proven to be wildly successful. Over 1,500 parents have been trained since 2005. Simply put, PW is a research-based parenting skills education system designed to facilitate the learning of necessary skills for the healthy, well-balanced raising of children ages three to 18. PW has been proven to reduce problem behaviors and increase communication and family unity. Currently, we have classes being taught at two elementary schools, with two high schools starting soon.

We also offer cyberbullying classes, technology classes, our English Learner Advisory Committee at all schools with 21 or more English learners, and our district's District English Learner Advisory Committee.

Parent education is a major focus for N-MUSD.

Girls Water Polo Team Wins Division 1 CIF Championship



On Saturday, February 25, 2012, the Newport Harbor High School Girls Water Polo team won the CIF Southern Section Division 1 championship in an exciting come-from-behind match against

cross-town rivals, Corona Del Mar High School. Newport Harbor was trailing 4-6 heading into the fourth quarter and won the game 8-7 for their 5th CIF title.

**Inside: Schools pages 6-10, 19-21 • Financial Tips page 4 • NB Fire Dept. page 5
Camps/Activities pages 12-18 • Contest page 16 • OC Dept. of Ed. page 17**

Superintendent Selection Process

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See page 22 for more information



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NEWPORT-MESA UNIFIED SCHOOL DISTRICT



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Kay Coop
Founder / Publisher



As we begin the last months of school and beginning of summer, this issue has a reminder from the NB Fire Department of the importance of Water Safety on page 5. Our Camp/Activities Section has lots of selections as you make your summer plans including the libraries.

In this issue you will also read about how the students are staying fit both mentally and physically, technology classes are helping students prepare to compete in our highly technological world, and so much more...enjoy every page!

Our next issue is June 6.



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Financial Tips

Life Insurance Choice Checklist (Part I)



Jeffrey A. Napper
President & CEO
LBS Financial
Credit Union

Choosing the right life insurance policy that fits your lifestyle and future financial plans is very important. The wrong kind of insurance policy can be as damaging as a bad investment. When choosing a policy, you need to make sure that it's going to give you and your loved ones the right amount of coverage. Once purchased, it is also wise to review your policy from time to time to make sure that it still aligns with your financial goals or fits with changes in your life and there are no modifications to be made, such as: beneficiaries, type of insurance or amount.

• **Your Financial Goals:** List the reasons why you are buying life insurance and what you are willing to pay or can afford to pay on your premium. If you already have an existing policy and just want to review your coverage, ask yourself if your current coverage is sufficient especially if you experience a major life change such as marriage, a new addition to your family; or a divorce.

• **Shop and Compare:** Before taking the plunge, make sure to shop and compare several insurance companies for pricing, reputation and stability. It's always a good decision to check their financial reports and credit ratings. You want a policy from a highly rated company because you need to be assured that your survivors will get paid in the event of your demise. If you already have an existing life insurance policy, it's also advisable to check your insurance company's stability from time to time. If the company appears to be having some financial difficulties, you may want to consider switching to another insurer.

School News Survey Says...

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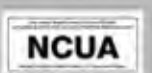
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ABC's of Water Safety

The Newport Beach Fire and Lifeguards would like to remind people Water Safety is as easy as the ABC's...

A = Adult Supervision

- Assign an adult to supervise children in and around the swimming area. This is especially needed during a party.
- Maintain constant eye-to-eye supervision with children.
- Remove children from the swimming area for any distraction i.e. a telephone call, use of restroom, etc.
- Inflatable flotation devices should never be substituted for adult supervision.
- Maintain a clear view from the home to the swimming area.
- Ensure responsible adults know to call 9-1-1 and also the address in case there is an emergency.

B = Barriers

- Multiple layers of barriers isolating the swimming area or other water hazards (fountains) from children should be installed. In addition to an isolation fence, one or more of the following safety features can provide the additional protection:
 1. Approved pool and spa safety cover and alarms
 2. Exit alarms on doors that access the pool and spa
 3. Keep all doors and windows leading to the pool and spa area locked
- All chairs, tables, large toys or other objects that would allow a child to climb over the isolation fence should be removed.

C = Classes

- Learn how to perform Cardiopulmonary Resuscitation (CPR). Watch a *CPR Awareness* video at <http://www.abcpoolsafety.org>
 - Enroll your child in swimming lessons.
- And have a fun, safe day at the Pool.



Did you know:

- Learning problems may be related to vision?
- Comprehensive eye exams can detect learning-related vision problems by evaluating vision, eye tracking and eye focusing skills?



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KNOW THE SIGNS OF STROKE

FACE

Does the face look uneven?
Smile in a mirror to see if one side of the face is suffering paralysis.

ARM

Does the arm drift down?
Raise both arms and see if one falls.

SPEECH

Does your speech sound strange?
Repeat a phrase and listen.

TIME

Every second brain cells die. Call 9-1-1 and tell them to take you to Fountain Valley Regional Hospital.

Every second counts when the first stroke symptoms appear. Time lost is brain lost and it's important to take immediate action. Fountain Valley Regional Hospital is a designated Stroke-Neurology Receiving Center by Orange County EMS. We have also been awarded the Gold Seal of Approval™ by The Joint Commission's Primary Stroke Center Certification program and the Get With The Guidelines — Gold Plus Plus Quality Achievement Award by the American Heart and American Stroke Associations.



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Adams *Elementary (K-6)*

2850 Club House Road, Costa Mesa, CA 92626 • 714/424-7935



Gabriel DelReal
Principal

Goals to Master

The teachers at Adams Elementary School use Accelerated Math in their classrooms. Accelerated Math is a software tool that is used to customize assignments and monitor student progress in math. It creates individualized assignments based upon objectives that are aligned with the state standards.

Teachers can use this program to create individual practice assignments for their students. The students then record their answers through a hand-held responder that is directly transmitted to the teacher's computer. A report is generated, and the students are able to see where they were successful or where they need more help.

After reviewing the students' progress, the teachers can then adjust instruction for either the entire class or for small groups that are struggling with similar objectives, or for individual students as needed.

Each trimester the teachers set certain goals for each student to master. Those mastering the objectives can then advance to higher learning levels and a new set of individual goals.

For the sixth grade, Mrs. Formanek and Mrs. Byron would like to congratulate Matt Forbath, Cooper Griffen, Hector Camarena, Ashley Kumar, Susana Valdez and Alicia Lomas for achieving 100 percent of their objectives in Accelerated Math. We are so proud of these students, and can't wait to see what the third trimester holds for them. Keep up the hard work!



Back Bay/Monte Vista *High School*

390 Monte Vista Ave., Costa Mesa, CA 92627 • 949/515-6900



Debbie-Lucker Davis
Principal

Encouraging Future Leaders

Back Bay High School is the continuation high school for the Newport-Mesa Unified School District. One of our goals is to provide opportunities for students to help them set post-secondary goals.

During the year, our focus is on three areas: leadership skills; career speakers; and field trips. This year students have participated in field trips in their chosen career strands, engaging them and challenging them to compare and contrast career technical programs in the Orange County Community Colleges. Our mentor speaker program has brought 20 business professionals on campus to speak with small groups of students interested in their professions. This has given students a unique opportunity to interface with professionals and learn more about the multi-tasking skills and education necessary to succeed in today's economy. We also have a leadership class inspired by and led by a local business professional, which focuses on goal setting. Four students each year continue on from this program to participate in the Rotary Youth Leadership Association.

Roy O. Andersen *Elementary (K-6)*

1900 Port Seabourne Way, Newport Beach, CA 92660 • 949/515-6935



Laura Vlastic
Principal

Jog-A-Bunga, the Sequel

Andersen Elementary School held its second annual Jog-A-Thon on January 27. Jog-A-Bunga was blessed yet again with a warm, sunny day, and school spirit was high as students jogged, skipped, and even leap-frogged to reach their \$32,000 goal. Andersen Dads Denny Spruce and Jason Anderson warmed up the students and played their favorite songs as the children sang and danced during their 20-minute lap time.

Principal Laura Vlastic once again made a promise to the students to take a Gatorade shower if they raised \$32,000. This year fourth-grade teacher Tim Reese joined the fun by agreeing to get a pie in his face! Andersen students rose to the challenge and raised over \$37,000! Mrs. Vlastic was ill on Gatorade day, but Mr. Reese stepped up and got a Gatorade shower followed by two pies in his face!

Thank you to Andersen staff members and parents for supporting this great event!



Mrs. Colgate and her first graders are all smiles after jogging laps at Jog-A-Bunga.

California *Elementary (K-6)*

3232 California Ave., Costa Mesa, CA 92626 • 714/424-7940



Matthew Broesamle
Principal

Literacy Week

In March, California Elementary School celebrated Literacy Week. Teachers held reading events like Camp Read in their classrooms, students had their stories acted out at the Imagination Machine assembly, and we were lucky to have been visited by an author, Dawn Wynne.

Mrs. Wynne conducted two separate presentations to our primary and upper-elementary classes based on her book *I Remember When....* She took the children back in time as they talked about many items of the past like record players, a washboard, rotary phones, typewriters, and fountain pens. The students loved learning about these items of the past.

Our Literacy Night, which was to be held on Thursday, March 8th, had to be postponed and will be scheduled for a later date.



Author Dawn Wynne shows students a rotary phone.

College Park *Elementary (K-6)*

2380 Notre Dame Road, Costa Mesa, CA 92626 • 714/424-7960



Julie McCormick
Principal

Outstanding Efforts

Two College Park School sixth-grade students, Lesley Martin and Carlos Ahuatzi, were honored for academic achievements, extracurricular activities and interests, and overall great attitudes by the Costa Mesa Kiwanis Club. At a special luncheon, the students and their parents were treated to great food and recognition of their efforts!

Students raised more than \$600 for the American Heart Association through the Jump Rope for Heart program. All 650 of our preschool through sixth-grade students practiced the benefits of exercise while donating to a good cause.

Our sixth-grade students spent four days at Outdoor Science Camp. Sixth-grade teacher Mike Alaniz and the students attended Camp High Trails, where they participated in environmental classes, climbing, archery, astronomy, and other outdoor activities related to the state science standards.

Fourth-grade teacher Leigh Randall and her students entered the California Milk Advisory Board's Real Seal Appeal! Sweepstakes contest. By bringing in labels, they earned \$2,000 for the school.



Corona Del Mar *High School (7-12)*

2101 Eastbluff Drive, Newport Beach, CA 92660 • 949/515-6000



Tim Bryan
Principal, 9-12
Grade



Guy Olguin
Principal, 7-8
Grade

A Pathway to the Arts • FROM PAGE 1

grand prize of \$500. Sponsored by the PAMA Boosters, the turnout packed the gym and raised a great deal of money for the Academy to use for such things as field trips, art equipment and the "Pammy" awards in May.

Last year PAMA hosted this first end-of-the-year awards show called "The Pammys." This is an entire show that is student-run and hosted.

It features live performances and a competition for championship titles like Best Musician, Best Illustrator or Most Creative. But ultimately it is used to show off current student artwork.

PAMA brings together a unique group of students on the Corona del Mar High school campus. Here the individual passion to create is expressed both in and out of the classroom.

Costa Mesa *High School (7-12)*

2650 Fairview Road, Costa Mesa, CA 92626 • 714/424-8700



Aaron Peralta
Principal, 7-8
Grade



Phil D'Agostino
Principal, 9-12
Grade

CSI Comes to CMMS

The DELTA pathway aims to increase and encourage student access to advanced STEM courses, real-life experience with universities and local businesses, and exciting, cutting-edge information and technology. STEM stands for science, technology, engineering and mathematics subjects.

In the seventh-grade science class, the DELTA honor students used both science and their own powers of deduction to help solve a crime. The crime scene consisted of a chalk outline of the

victim and a stuffed frog prince who was surrounded by blood, fingerprints and shoe-print evidence.

Two teachers and a staff member volunteered to be suspects, while other teachers volunteered to be witnesses to the crime. The students had to conduct interviews, collect and analyze evidence, and write a final report supporting their conclusion about who they believed had committed the crime.

Evidence analysis included regular fingerprinting, DNA fingerprinting, shoe impression comparison and pollen identification. Everyone enjoyed their role in this hands-on forensic science activity.



Students access & gather evidence from the crime scene.

Davis *Magnet School (K-6)*

1050 Arlington Drive, Costa Mesa, CA 92626 • 714/424-7930



Dr. Kevin Rafferty
Principal

Hockey With the Ducks

Davis Magnet School fourth-grade students are piloting a series of special physical education lessons again this year. They are learning to play ice hockey—in full hockey gear from head to toe—with the National Hockey League's Anaheim Ducks Score a Goal Ice Hockey Program.

The Anaheim Ducks street team comes out to the school for five sessions to teach our students the fundamentals of hockey. The professional hockey team provides all the necessary equipment, including sticks, street hockey balls, goalie equipment, and hockey goals.

We are grateful to the Anaheim Ducks and our classroom teachers for providing this award-winning and state recognized curriculum, Anaheim Ducks Scholastic Curriculum of Recreation and Education (SCORE).

Our students are having a blast learning and playing the world's fastest team sport!



Early College *High School (9–12)*

2990 Mesa Verde Dr., Costa Mesa, CA 92626 • 714/241-6108



Kathy Slawson
Principal

Getting the Jump on College

ECHS seniors are getting the attention of college representatives! Seniors at ECHS are receiving early acceptance into the University of California and California State University system. ECHS students stand out to the college representatives who examine the applications because college courses receive AP weighting in a student's GPA. We've been told ECHS students are standing out among those applying from comprehensive high schools because of the number of college courses they take. While at ECHS, students complete several general education college courses. They complete an average of 40 college credits by the completion of their senior year. The college credits are giving Early College High School students a jump on the application process. All of their hard work is paying off!

To help our students decide which colleges they would be interested in sending their applications to, we provide them with the opportunity to visit various college campuses, visit with college students, speak with college representatives, mingle in student unions and see what dorms are like. These experiences help them make important decisions regarding college plans. By visiting college campuses, taking transferable college credits, earning the grades required by the UC and California State University system and receiving early acceptance; ECHS students are experiencing a lot of success! We are proud of our students' accomplishments!

Horace Ensign *Intermediate School (7–8)*

2000 Cliff Drive, Newport Beach, CA 92663 • 949/515-6910



Dr. Gloria Duncan
Principal

Seeing What's Inside

By Claire Olmstead, Student Writer – Seabee Buzz

On January 20, Challenge Day, a workshop for teens that is meant to encourage bonding among students who come from diverse backgrounds, was held in the Ensign Intermediate School gym for a lucky 100 eighth-graders, plus a few parents and teachers. "Many [students] became more aware of their own realities, while also developing an appreciation for what others are going through," said Bob Nanney, Ensign's assistant principal.

One big point that the group leader, Jennifer, explained to students is that they are taught not to be themselves—to be fake.

I think this hit home for a lot of the people in the room because most people change themselves to fit in with others. Jennifer compared students to an iceberg, explaining that most of us let about 10 percent show, while the other 90 percent is concealed under water.

"Challenge Day really helped me understand the things that students here are going through," said Mrs. Tolles, a seventh-grade physical education and English teacher. "It was a fantastic reminder that everybody has so much going on in their lives, and I need to do my best to be patient, understanding, and loving. A smile or a hug can really go a long way."

Since Challenge Day, students seem to realize that it is important not just to see someone from what is shown in their outer appearance, but to notice what is below the surface of their exterior.

Please see our ad on page 23.

Eastbluff *Elementary (K–6)*

2627 Vista del Oro, Newport Beach, CA 92660 • 949/515-5920



Cheryl Beck
Principal

Reading Celebrations!

In March, we had our traditional literacy celebration with our annual Read Across America Day. This day gave a special tribute to Dr. Seuss. Eastbluff's daily Flag Deck celebration had a special guest reader—The Cat in the Hat!

The Cat in the Hat read one of his favorite poems to the students. Cat in the Hat bookmarkers were distributed to all students as they participated in special reading activities. A Cat in the Hat poem was shared over the sound system, giving clues as to where the Cat in the Hat was hiding on campus. Classes listened carefully to determine the exact location of the Cat in the Hat.



We were also fortunate to have two guest authors on campus that day—Lisa Glatt and Suzanne Greenberg, who wrote the children/young adult novels *Abigail Iris: The One and Only* and *Abigail Iris: The Pet Project*. They shared their passion for reading and writing. The assemblies were very inspirational to our young Eastbluff readers and writers! What a fantastic reading celebration!

Estancia *High School (9–12)*

2323 Placentia Ave., Costa Mesa, CA 92627 • 949/515-6500



Kirk Bauermeister
Principal

Grease Was the Word!

The Estancia Production Drama team recently performed the hit musical *Grease* to sold out audiences, and was thrilled to be able to add an additional show for the following weekend.

To help publicize the event and raise money, the show's cast and crew did a fund-raiser with a local Costa Mesa drive-in. Students were guest celebrity car hops and sang and danced on street corners for the oncoming traffic.

Ms. Christine Payne, a Spanish teacher at Estancia, performed the role of "Old Lady Lynch." Estancia alumni from the 1982 production of *Grease* also attended the closing night to help celebrate the drama program.

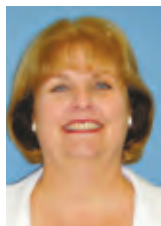


The Burger Palace Boys and Pink Ladies of Estancia High School

With great advertising and good press, the performances were all SRO (standing room only). However, the main reason for the incredible turnout was due to the remarkable popularity of this musical. And, of course, the very talented group of thespians that we have at Estancia High School!

Harbor View *Elementary (K-6)*

900 Goldenrod Ave., Corona del Mar, CA 92625 • 949/515-6940



Charlene Metoyer
Principal

The First R

Back in the day, our grandparents talked about the three R's. The number-one R was reading. It still is at Harbor View Elementary. There is a schoolwide focus on learning to read, and this goes well beyond Dick and Jane!

While in the early primary grades, students are learning how to read. They learn phonemic awareness, phonics and vocabulary. Nothing compares to a child who has learned that if he or she strings together enough sounds, he or she can read a story!

As children progress through the middle and upper grades of elementary school, the emphasis shifts to reading comprehension. This is the gateway to learning...everything! Teachers will now focus on how to read content

textbooks like science and history. Students have discussions on the fine points of literature—plot, characters, point of view and so on—and how authors connect with their readers.

And of course, at Harbor View, we celebrate reading just for fun! In March, we celebrated the birthday of Dr. Seuss by coming to school in pajamas and reading fun stuff all day!



Killybrooke *Elementary (K-6)*

3155 Killybrooke Lane, Costa Mesa, CA 92626 • 714/424-7945



Dr. Lorie Hoggard
Principal

Student Council Promotes Good Choices

The Killybrooke Student Council is working hard this year to serve our school and community. Earlier this year, Student Council held a schoolwide coin drive and raised \$394.41 to donate to Share Our Selves (SOS) to provide food for families in need.

Student Council also assisted in refining playground rules to ensure that all students can have fun and be safe while playing at recess and lunch. Students serving in Student Council demonstrated appropriate use of the playground equipment at assemblies for each grade level. One of their latest efforts is to encourage all students to eat more fruits and vegetables. In March, Student

Council partnered with the Network for a Healthy California to bring a salad bar to Killybrooke. Students loved the addition of more salad to their lunch. Student Council members promoted the launch of the salad bar with posters and announcements.

Way to go, Killybrooke Student Council!



Heinz Kaiser *Elementary (3-6)*

2130 Santa Ana Ave., Costa Mesa, CA 92627 • 949/515-6950



Jerry Vlasic
Principal

Kaiser Green Team!

Green Schools: We're doing our part at Kaiser to reduce energy consumption in partnership with the Alliance to Save Energy. We have a Green Team (Kaiser Staff members and students). This team conducted an energy audit and provided recommendations for energy reduction at our school. Thank you Kaiser Green Team—and thank you Miss Kwan and Mr. Trujillo for helping our student team!



Abraham Lincoln *Elementary (K-6)*

3101 Pacific View Drive, Corona del Mar, CA 92625 • 949/515-6955



Jane Holm
Principal

Taking Action!

As John Wooden's Pyramid of Success would tell you, sometimes you have to "take action" to get things done. Recently, at Lincoln, students were complaining that the lunch tables were not as clean as they could be.

Instead of just complaining, they decided to become part of the solution. They wrote a letter to me, the principal, and asked if the Cub Scouts of Pack 17 troop could help Lincoln and our custodian out by doing a thorough cleaning on the tables. The date was set, and the Lincoln Cub Scouts went to work. The result was sparkling-clean tables for all of our Lincoln students. There is some real team spirit at Lincoln!



Ethan and Max make sure the tables are clean.

Mariners *Elementary (K-6)*

2100 Mariners Drive, Newport Beach, CA 92660 • 949/515-6960



Pam Coughlin
Principal

Stories Come to Life

By Jeff Qualey, Teacher - 5th Grade

On Read Across America Day in March, Mariners Elementary School was fortunate to welcome author and illustrator Scott Sutton. Sutton grew up in Newport Beach and went to local schools. Among his books are *The Adventures of Dinosaur Dog*, *The Legend of Snow Pookas*, and *How to Draw Stuff*.

When Sutton was a child, Dr. Seuss inspired him. In fact, he began to draw at the age of two. He showed the students how easy it is to draw if you look at your idea as a step-by-step process and a collection of shapes. It is much easier to draw shapes than worrying about the whole image.

Sutton shared the plots of his stories through illustrating the main characters. As he drew, he spoke about his eight key points of writing good stories. "I want them to get the idea that writing and reading are fun," Sutton said. The program was very interactive, and the students were completely engaged and had a great time.

After he finished his presentation, Sutton invited students to share their ideas for new characters and stories. Scott illustrated their ideas, and, as the students watched, the new characters and stories came to life. Everyone had a wonderful and inspiring time. Thank you, Scott Sutton!

Newport *Elementary (K-6)*

1327 W. Balboa Blvd., Newport Beach, CA 92660 • 949/515-6965



Amy Nagy
Principal

Distinguished Efforts

Calvin Coolidge once noted, "All growth depends upon activity. There is no development physically or intellectually without effort, and effort means work." The Newport Elementary School community had the pleasure of celebrating the results of their hard work in March.

Newport was invited to apply for the California Distinguished School Award. Visitors toured our school on behalf of the state to see firsthand our writing and Response to Intervention programs. Both students and teachers have grown as a result of our multi-year focus on improving student attainment of the state content standards. Teachers have spent numerous hours attending training, working together to apply that training in the classroom, and reflecting on their lessons and student work to make their instruction even stronger. Students have been working equally hard, focusing on writing daily, mastering the craft of writing, and improving their reading and mathematics skills in small groups.

The school is awaiting notification of the results of the California Distinguished School Award.

Newport Harbor *High School (9-12)*

600 Irvine Ave., Newport Beach, CA 92663 • 949/515-6300



Michael Vossen
Principal

Girls Water Polo Team Wins Division 1 CIF Championship



Newport Coast *Elementary (K-6)*

6655 Ridge Park Road, Newport Coast, CA 92657 • 949/515-6975



Dr. Duane Cox
Principal

A Vision for An Orchestra

This year Newport Coast started the Coyote Orchestra. The school invited all fourth-, fifth-, and sixth-grade students to participate, and nearly 50 of them have remained engaged in the program throughout the year.

The vision for the program is to develop student sensorimotor and interpersonal skills in a focused, energetic and artistic environment. Newport Coast will grow its music program to permanently include a string orchestra as well as an internal feeder program that can serve as a tributary to both NCE and the Corona del Mar Middle and High Schools.

The Coyote Orchestra will also perform at off-campus venues. This will instill a connection to and pride in the ensemble. It will use these performances to rally enthusiasm and continue the playing of music into the secondary education.

The Coyote Orchestra seeks to provide a multi-faceted learning environment where students are challenged and motivated musically, intellectually and socially. This will be instilled by regular rehearsals where students can cultivate

relationships with both themselves and their peers in a constructive and creative learning environment.

This wonderful program would not be possible without strong support from the NMUSD leadership, our teachers, and the PTA.



Newport Heights *Elementary (K-6)*

300 E. 15th St., Newport Beach, CA 92663 • 949/515-6970



Kathleen Jaquin
Principal

School Running Club

This year the Newport Heights PTA presidents Tammy Matsunami and Kim Coyne organized an after school running club for Newport Heights'

students. The running club was formed to promote healthy habits, and encourage participation in this year's Spirit Run. On Tuesdays and Thursdays, fifty four students would join Coach Dusty on the back field for running and flexibility drills. The club did an excellent job of teaching students about maintaining a healthy lifestyle as well as lessons about team spirit. Newport Heights had a great turnout this year for the Spirit run with 102 Heights students running in the event. We are very proud of the great participation in both the Newport Heights running club and this year's Spirit Run.



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Don't Touch Other's Belongings



Jodie Lynn

Q. My son-in-law collects baseballs. He keeps them in protective cases displayed on a lower shelf in the TV room. He and my daughter have three children ages two, three and five, and he is quite stern with them about not touching the cases. However, as their grandfather, I know that it is a disaster waiting to happen because the kids, who are all three boys, do not understand what the big deal is with touching them. They are, after all, balls. How can I try to get my son-in-law to consider putting the cases up where they cannot be reached without sounding like a know-it-all, nagging grandfather?— C. V. W. in Hilton Head Island, SC

A. With younger children, it can sometimes be quite a challenge to train them not to touch certain items in the house, in other people's homes, in stores, etc. Surely your son-in-law doesn't think that just because he told them not to touch his collection, they won't. If so, he is in for a rude awakening, to say the least. Just to be safe, he needs to move it somewhere else. In the meantime, he can help them understand the importance of respecting other people's belongings by encouraging them to begin some type of collection of their own.

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.

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Springtime at the Library



Evelyn Rogers
Children's Librarian

It's springtime, and the Newport Beach Public Library is welcoming the season with a variety of music and craft programs.

Join us for a family day of American music on Saturday, April 28. Performer Craig Newton will take you on a "Historical Journey through America's Music" in two special performances: one at the Central Library at 11 a.m., and another at the Balboa Branch at 3 p.m. Have fun and learn about the roots of American music from traditional folk songs through pop and rock music.

It's time for "Dora and Diego Adventures" on Tuesday, May 1 at 4 p.m. at the Mariners Branch. We will have stories, crafts and fun at this adventurous storytime centered around Dora and Diego. This event will be held in the Mariners Storytime Room.

So sweet: the "Strawberry Shortcake Soirée" will be taking place on Tuesday, May 8 at 4 p.m. at the Central Library. Join us for a fun afternoon filled with crafts, games and sweet treats based on the popular character Strawberry Shortcake.

Be crafty at "Drop-in Crafts" on Saturday, May 12 at the Corona del Mar Branch. Try a craft (or three) at this all-day craft event.

"Imagination Rocks Your World" is the theme for this year's Imagination Celebration event on Saturday, May 19 from 1-3 p.m. at the Mariners Branch Library. Young artists, scribes and scribblers are encouraged to participate in a community-wide "Searching for Democracy" project by creating unique collage art that represents what democracy means to our youngest citizens.

Cowabunga! It's the "Balboa Beach Party" on Saturday, May 26 at the Balboa Branch. Get ready for summer with beach and sea-themed crafts. Drop in any time during the day.

All programs are free, but some require advanced registration. Visit the newly redesigned Web site at www.newportkids.org for more details on these and other programs.

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We Need a New Central Library

By Gayle Spinks, Foundation Member

The Costa Mesa Library Foundation recently received a proclamation from the Costa Mesa City Council in support of a new library. Signed by then Mayor Pro Tem Wendy Leece, it recognized the need for a new central library branch and declared the Council's strong support for the endeavor.

The proclamation said that Costa Mesa had earlier funded a study of library services in 2000. Known as the *Arroyo Report*, the study found that the amount of local library space and materials was woefully inadequate. The proclamation also recognized the work of the Friends of the Library in helping to fund library services since 1960, and their efforts since 1998 to build a new central branch.

The Friends of the Costa Mesa Libraries and the Costa Mesa Library Foundation want our city to have the best library service available, and they have been working diligently to make it possible. In the meantime, the *Arroyo Report* is over a decade old and the needs of the city have changed.

A new Master Plan needs to be completed as well. So the Foundation has launched a "\$1,000 from 1000 people campaign." If you would like to be part of this fund-raising effort, then please donate. You can find a donation form on our Web site.



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Note-ables

Chicken Joe Forgets Something Important



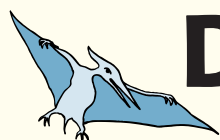
Kate Karp

Chicken Joe is an orange cat who loves rock and roll. Trout Fishing in America, aka folk-rockers Keith Grimwood and Ezra Idlet and creators of this endearing character and the “funny farm” he lives on, tell Joe’s story in original songs with country-flavored rock and plain ol’ country. This latest CD is a follow-up to *My Name is Chicken Joe* and is available either solo or with a whimsically drawn storybook illustrated by Stéphane Jorisch. In this story, narrated by Grimwood and Idlet and augmented by their band, Chicken Joe sleepily arises, as cats will, from his bed in the hen house and tries hard to remember an important thing he’d forgotten. After talking to the hens, the dog named Miss Kitty, and a very odd kazoo-playing mule, he lies down to take a much-needed nap, as cats also will. You and your children will undoubtedly have picked up on the clues and try to shout Joe into waking, which could be why he remembers what he’d forgotten when naptime’s over.

The songs are accompanied by guitars, banjos and synthesizers, and spoons, hand claps and a frottoir—that’s your washboard! They’re wonderfully clever and can be considered the show after the story. Roosters crow “Rock and roooooo!” in “Rock and Roll Roosters,” and all the farm animals display their eccentric and species-bewildered behavior (“Hello, My Chicken Thinks He’s a Dog”; “You’ve Got a Funny Name.”) One in particular, “The Fish Swim Backwards in the Sky,” is lovely in a mountain-ballad way; mournful strings eerily contrast with whimsical lyrics like “Don’t hold hands with a cactus tree.” And it’s not all silliness and games. “Where Did Everybody Go” tells about taking a wrong turn in life and making your way back, and “Dance with Me” is simple love and friendship, flavored with Cajun filé gumbo.

Chicken Joe Forgets Something Important is simply a fine time—and what’s that pig doing in the bathroom?

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



Dinosaurs Word Search Contest

**NEW
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 is the word you email to: Kay@schoolnewsrollcall.com (Please put NMUSD in the subject line)

Entries must be received by May 15, 2012

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

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**Congratulations to Adam Molloy
Winner of the February Contest!**

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S	U	R	U	A	S	O	T	A	N	A	E	H	Q	O
H	Q	S	U	R	U	A	S	O	T	A	P	A	R	B
L	M	X	C	S	U	R	U	A	S	O	G	E	T	S
S	U	R	U	A	S	A	R	T	L	U	B	H	O	C
E	J	S	U	R	U	A	S	O	I	H	C	A	R	B
E	F	E	X	N	T	O	R	O	S	A	U	R	U	S
N	O	D	O	N	A	U	G	I	L	M	E	E	D	G
A	L	L	O	S	A	U	R	U	S	Y	S	A	A	U
S	E	G	I	S	A	U	R	U	S	W	K	I	X	B
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Using Technology to Support Student Success



William M. Habermehl
Superintendent

Integrating technology into core curriculum enhances learning by helping students acquire the skills they need to thrive in a complex, highly technological world. Incorporating technology in classroom instruction deepens learning through problem solving, active engagement, and team participation. Technology integrated project-based learning allows students to be intellectually challenged while providing them with a realistic experience of modern working environments. An added bonus is that using technology makes teaching and learning both meaningful and fun.

For the past ten years, the Orange County Department of Education (OCDE) has created an opportunity to highlight the innovative, replicable ways teachers integrate technology in the classroom, and to share the successes students achieve on a regular basis. The best student curriculum technology integration projects within Orange County schools are chosen to participate in the OCDE sponsored, Student Technology Showcase (STS), an anticipated component of the Orange County Computer Using Educators (OC CUE) Technology Festival and the statewide CUE Conference in Palm Springs, California. The Student Technology Showcase serves to inform parents, teachers, administrators, legislators, and higher education representatives about curriculum-based student technology projects being undertaken in public schools in Orange County.

To start the process, teachers complete an online application describing their student project, technology's role, and how teaching and student learning have changed as a result of the technology tools used in their classrooms. A volunteer review team made up of teachers, district technology coordinators, business/non-profit leaders, and OCDE staff read and rate each application and decide which projects merit a site visit. The site visits provide a hands-on opportunity for students to describe and demonstrate how they are using technology to learn specific content areas and how technology has been integrated into the learning process. The review team then selects the most innovative classrooms to present at the local and state level.

Another aspect of OCDE's STS process is the "dress rehearsal" held prior to the Showcase. This provides students the initial opportunity to present their projects in a science fair format to an audience of adults, and it gives the review team a final chance to select the projects that will represent Orange County at the statewide STS. In 2012, teams have an additional opportunity to be selected for the STS at the International Society for Technology in Education (ISTE) conference being held in San Diego in June.

This year, projects include the use of iPods and iPads to increase reading fluency and comprehension and to improve math, science, and other skills; Story Kit, an application that incorporates pictures, text and sound; blogs; video broadcasts and much more.

For more information about the Student Technology Showcase, visit <http://www.k12hsn.org/resources/showcase/gallery/index.php/ocde/>.

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Parenting Teenagers

Self-Esteem is An Essential Element



Suzan Aldimassi
M.S., MFT

Self-esteem is the collection of beliefs, feelings and thoughts we have about ourselves. The way we define ourselves influences our motivations, attitudes, and behaviors and it impacts our emotional adjustment.

Self-esteem is an essential element for an emotionally healthy individual.

Self-esteem helps children hold their heads high, feel proud of themselves about what they can accomplish. It gives children the courage to try new things and the power to believe in themselves. Children are not born with high self-esteem. They acquire it from their parents and important adults in their lives.

Children with good self-esteem feel good about themselves so they make better choices. On the other hand, children with low self-esteem don't think highly of themselves. Parents and adults play an important role in helping children having good self-esteem. As children grow and go through different development stages, they have their ups and downs and they need their parents and adults to help them with their self-esteem.

Healthy self-esteem is a children's armor against the challenges they face when growing up. Children who trust themselves seem to have an easier time handling conflicts and resisting negative pressures. In contrast, children with low self-esteem can find challenges to be sources of major anxiety and frustration. These children may become passive, withdrawn, or depressed.

Ways to promote healthy self-esteem in your children:

- Parents need to encourage their children when they attempt to accomplish tasks. Sometimes children don't know if they are on the right track, and they need their parents' positive feedback.
- Children thrive on positive feedback. It's essential that parents refrain from negative comments or criticisms.
- Sometimes children feel bad about themselves when they make mistakes. It can hurt their self-esteem when parents yell and react. Children thrive on encouragements; their self-esteem disintegrates with constant criticism.
- Some children think they are "dumb," or "not good enough." Parents need not compare their children and/or compare their child with other children. Every child is unique. Each child has his or her own timing belt; like when they walked, talked or learned to read. Parents need to focus on their children's strengths.
- When children get in trouble or make mistakes, they feel bad about themselves, and think that they are unlovable. Parents need to explain that the child's action was unacceptable and the parents still loves them nor matter what.
- Many children have negative thoughts about themselves. Help your children focus on the positive and ask them what they like, value about themselves and what they are good at. Teach them not to compare themselves with others and to understand that fitting in with everyone is impossible. Help them to search for one good friend who support their morals and values and like them for who they are right now.
- Parents can help their children focus on the good things they do and all their great qualities. A "I feel good about" comment from each person at dinner, gives each child a place to share accomplishments both personal and academic. The main ingredients for strong self-esteem is to help your children learn to love and accept themselves.
- Having strong self-esteem is also a very big part of growing up. As your children get older and face tough decisions — especially with much peer pressure to conform — the stronger self-esteem a child has, the better that child will be able to deal with different situations.
- Parents need to praise their children not only for tasks well done but also for making the effort.

Tips to help parents when they give compliments to their children:

- Make eye contact and knee to your child's level when you encourage your child.
- Be more specific when you give a compliment. For example instead of saying a vague statement: "I'm proud of you for doing that!" say: "I'm really proud of you because you asked your sister nicely to stop bothering you".
- For encouragement to be effective, give it immediately and don't wait until the nighttime.
- Be genuine when you give a compliment.

Parents need to be aware of signs of low self-esteem:

- Children with low self-esteem do not want to try new things.
- They speak negatively about themselves: "I'm stupid".
- They may exhibit a low tolerance for frustration.
- They give up easily.
- They tend to be overly critical of and easily disappointed in themselves.
- They are pessimistic in their views about themselves and about the world.
- If you think your child might have low self-esteem, seek professional help.

Suzan Aldimassi, M.S., MFT , 1000 Quail Street, Suite 175, Newport Beach, CA 92660
(949) 235-7606 Suzan@parenting-teenagers.com, ww.parenting-teenagers.com



Need a Job?

Come to YES, we can help you!!

Now is the time to come in and look for a summer job
YES serves youth and young adults ages 16 – 22
We have a variety of different job listings on our job board.



Taylor S. working hard making ice cream sundaes during his summer job at Sugar & Spice on Balboa Island

"The manager said that I was the first one he called to hire. He said that he was really impressed with my professionalism. It really paid off going through the YES program. Thank you!"
– Marjaneh E., hired at Starbucks

"I got hired ON THE SPOT at my interview tonight at the movie theatre at the mall. I want to thank YES for teaching me all the employment skills that I needed and for devoting your time and energy to me personally!"
– Sammantha H., hired at Century Theatre

"YES gave me the support and resources I needed to become my full potential in the job market. Before YES I didn't think I could get a job in this economy. Now I'm more certain then ever of my skills."
– Yorel P., hired at Happy Yogurt

Walk-In Hours:
Tuesdays – Fridays 1:00pm – 5:00pm

Workshops are offered Wednesdays and Thursdays from
4:00pm – 6:00pm with appointment

114 E. 19th Street, Costa Mesa, CA 92627
(Across from Mother's Market Parking Lot)
949-642-0474

www.yesworks.org

YES is a non-profit agency serving as a bridge between young people seeking employment and a business community seeking enthusiastic, capable employees.

School News



Please keep this issue as a reference
Our next issue is June 6.

Paularino *Elementary (K-6)*

1060 Paularino Ave., Costa Mesa, CA 92626 • 714/424-7950



Stacy deBoom-Howard
Principal

We PAW-SITIVELY Love Books!

Paularino Elementary School is excited to announce our first pre-kindergarten through second-grade book club, already with 70 members. Students meet after school twice a month to read and discuss various books, such as *Boo to a Goose* by Mem Fox, *Anansi and the Magic Stick* by Eric Kimmel, *Puff the Magic Dragon* by Peter Yarrow and *Do You Do a Didgeridoo* by Nick Page.

Our students are always excited to visit our library and can't wait to hear exciting stories being read to them by our wonderful school librarian, Mrs. Lavinia Maki. Our book club has been successful due to the support of staff and parents, who attend weekly to support our readers!

This past fall Paularino was very fortunate to receive a grant from a national retail chain to jump start our Panther Book Club. The grant was presented to Mrs. Maki and our students along with an additional check of from our local store



in Costa Mesa for \$500, which allowed us to add books to our collection in the Paularino Library. Our goal is to keep our Panthers excited about reading, learning to use their voices, and making good choices.

Sonora *Elementary (K-6)*

966 Sonora Road, Costa Mesa, CA 92626 • 714/424-7955



Christine Anderson
Principal

'On My Honor, I Will Try...'

Girl Scouts of America is celebrating its 100th anniversary this year, so it seems fitting to celebrate the two troops at Sonora School: our Junior Troop 1209, in its fourth year, and our Brownie Troop 2192, in its second year. Our troops have participated in many activities, earned skill-building patches, and gone on field trips, tours and outings. Both troops have learned about people with special needs and disabilities, random acts of kindness, first aid and more.

Some highlights of our troops are participation in Scouting for Food, collecting food and harvesting oranges for the Second Harvest Food Bank; adopting two Sonora families at Christmas; writing to the city of Costa Mesa to have additional signs installed at the nearest crosswalk for safety; organizing Veteran's Day flag ceremonies; making monetary donations to a local dog rescue, Wetland and Wildlife Care Center and Orangewood Children's Home; and collecting items of need.

The troops also helped with costs of feeding and caring for a seal named Lady Loo who was rescued by Pacific Marine Mammal Center. The troops participated in its release back into the ocean. They prepared care packages and holiday boxes for children in other countries and had a service weekend to provide needed assistance at the Ronald McDonald Camp—multiple first-time camping experiences for our troops.

Our troop leaders will continue to teach the Girl Scout Law and build respectful young ladies of character, confidence and compassion. A huge thank-you to Tanya Mills and Glynis Litvak for creating wonderful memories and for being excellent examples for our girls!

Pomona *Elementary (K-5)*

2051 Pomona Ave., Costa Mesa, CA 92627 • 949/515-6980



Megan Elsten Brown
Principal

How Will Our Garden Grow?

At Pomona School, we believe that, when given a challenge or a problem, children will come up with a solution—and often one that never occurred to adults!

Our students recently put their problem-based learning skills to work in our new American Heart Association Teaching Garden. Fourth-, fifth-, and sixth-graders used geometry to plan the space and find out how much dirt to order. Other students set to work on the Internet discovering what types of plants will thrive in our Southern California climate. We worked with Mika Community Development Corporation, parents, staff members, and students to



build the raised boxes, fill the boxes with dirt, and put our plants in the ground. Each grade level has a box, including the first-grade "salad bowl," full a variety of different lettuces, and the third-grade "hot box," with six different kinds of peppers!

Our community is looking forward to watching our beautiful garden grow!

Everett A. Rea *Elementary (K-6)*

661 Hamilton Ave., Costa Mesa, CA 92627 • 949/515-6905



Dr. Anna Corral
Principal

Happy Birthday, Dr. Suess

Rea Elementary School celebrated Read Across America Week by participating in several reading activities.

The students decorated their classroom doors with their favorite Dr. Seuss stories and also participated in a bookmark-making contest. The classes which showed the most spirit by participating in these events were treated to real green eggs and ham provided by Nutrition Services.

On Friday, March 2, Rea students celebrated Dr. Seuss' birthday

by inviting guest readers from the community to come and read Dr. Seuss stories to them. We were pleased to have officer Jess Gilman of the Costa Mesa Police Department read for Mrs. Hecht's second-graders as their prize for the best Dr. Suess door.

Officer Gilman wore his Cat in the Hat striped hat and was accompanied by a Cat in the Hat doll as he read Dr. Seuss' *The Sneetches* to the students, who were also wearing their own striped hats and pajamas in the school garden.

It was a very fun week. All of our students enjoyed having guest readers come to their classes to celebrate Dr. Seuss' birthday.



Charles W. TeWinkle

3224 California Ave., Costa Mesa, CA 92626 • 714/424-7965 *Intermediate School (7-8)*



Rich Rodriquez
Principal

Soccer Tryouts

*By Viviana Almanza and Denis Rivera
Students in Miss Paulus' Journalism Class*

February 27 was the first day of tryouts for the boys soccer team. The seventh-grade coaches are Rene Ovando and Jaime Jimenez, with high school helpers Miguel Espinoza and Richard Osorio. The eighth-grade coach is Andy Dorian, with high school helpers Cristian Monroy, David Pena and Ernie Guillen. Forty-six seventh-graders and 48 eighth-graders tried out, but only 18 made the team.

The qualities that the coaches were looking for were hard work, defense skills, knowledge, and, most importantly, good team work. We asked the coaches what is expected from each player. Eighth-grade coach Andy Dorian answered, "They have to be committed to the team and at practice 110 percent of the time." To see if the guys have what it takes, the coaches make them do a lot of stretching, running and scrimmaging.

Congratulations to the team!



Whittier

1800 Whittier Ave., Costa Mesa, CA 92627 • 949/515-6990



Tracey Carter
Principal

Three Cheers for the Red, White and Blue!

Flag Day came early on a February morning for the fourth- and fifth-grade students at Whittier Elementary.

Volunteers from the Newport Mesa Lions Club organized a special flag ceremony to honor our beloved Stars and Stripes. The assembly began with the singing of our national anthem. Next, the best public speakers from each class (that's eight students in all) were recruited to recite from two patriotic poems that honored Old Glory.

"At first I was nervous to be reading in front of all those people, but I was also proud that I was chosen to read!" shared fourth-grader San Juan Soliece. Our Lions Club friends interspersed the program with historic facts about this treasured symbol, along with proper flag protocol.

Finally, the program concluded with a gift for each child. It was their very own mini United States flag and informative fact-sheet! The students seemed very pleased to have been a part of such an informative and inspirational celebration.



Harbor Mesa Lion's Ladies work with 4th and 5th graders.

Victoria

1025 Victoria St., Costa Mesa, CA 92627 • 949/515-6985



Dr. Linda Tenno
Principal

A Crystallizing Learning Experience

Crystal Cove State Park has it all. The sun, the sand, and the science standards?

For Victoria fifth-graders (and a sprinkling of fourth-graders from a combination class) the recent field trip to Crystal Cove was all of this and more. It was a true first-time discovery for many.

Almost upon arrival, the staff members from Inside the Outdoors had our students fully engaged in activities like hands-on tide pool science and the classification of various sea shells and other forms of sea life.

They even organized a concerted effort to help rid the otherwise pristine beach of trash. Our students were amazed to learn that what is carelessly dropped in their own neighborhood gutters can often end up on our local beaches.

The students later wrote of their experiences in descriptive essays, some of which were presented at a recent PTA meeting. A slide show also accompanied the readings.

Our students said that they had learned a lot, and can't wait to return!



Wilson

801 Wilson St., Costa Mesa, CA 92627 • 949/515-6995



Dr. Julie Perron
Principal

In Full Swing

Wilson Elementary School is a busy place this spring. Projects are in the air, and so is student learning, from our preschool all the way through our sixth grade.

Our preschool has been beautifying its gardens with a new outdoor landscaping project. It is fun to see the students excited about plants and proud of the preschool area.

The Green Team continues to make Wildcat Rally presentations on saving energy and keeping our campus clean and "green." They also continue to survey our conservation efforts school-wide and report to the school community. This project has been especially exciting for our student leaders.

We have also seen great enthusiasm with our Peer Conflict Program on the playground. Having student leaders addressing recess challenges has been a learning opportunity for all. This program reinforces our three pledges: respect; responsibility; and safety.

Also, state testing is in full swing, as our students work hard to "show what they know" in the areas of math, reading, writing and science. At Wilson, we celebrate student achievements and look to the exams as an opportunity to demonstrate learning. Also, during these important days, we continue to focus on the importance of healthy eating, plenty of sleep, and getting to school on time.

As we move into June, the last three weeks will undoubtedly bring more excitement and learning into our Wildcat lives. Go, Wilson!



Lauren Medve
Principal

Art Rocks!

March is Youth Art Month (YAM). YAM is nationally observed each March to emphasize the value of art education for all and to encourage support for quality art programs. In addition to providing the Art Masters program, the Parent Faculty Organization is providing extra opportunities for exploring and creating during morning recess periods on Fridays in March. The Recess Art Project attracted more than 300 children each week under the direction of Woodland parent Caran Cope-Fahy and 20-plus volunteers! Mrs. Fahy offered unstructured hands-on free-form experimentation with a variety of art media, including oil pastels, watercolor pencils, tempera paints, dot markers and charcoal. All supplies were donated by fineartexpress.com.



Additionally, the entire school will participate in a schoolwide art mural titled "Our Community" for permanent display in the cafeteria! Lastly, the PFO is providing each classroom the opportunity to create a large canvas to be auctioned off at the Spring Carnival. All proceeds from this experience will go directly to the Woodland Visual Arts Budget to help fund quality arts programs in the future.

Nutrition Services

2985 A Bear Street, Costa Mesa, CA 92626 • 714/424-5000 • www.nmusd.us/depts/ns/resources_parent.php



Richard Greene
Director of
Nutrition Services

Making Healthy Choices

By Pam Williams, MPH, RD - Nutritionist

This year it seems that the days are going by faster than we have realized, and so have the many events that are sponsored by the Network for a Healthy California and Nutrition Services. So far we've been very busy trying to reach our teachers, parents and students with the message that we should all eat more fruits and vegetables and get physically active to help reduce the incidence of obesity and chronic disease.

Last month was no exception. Forty-two employees gathered together after work to learn how to improve their lifestyle habits. The five-week class that they attended reviewed the "My Plate" site, the newest food guides, basic nutrition concepts, how to read food labels, how to shop healthy, and many other topics.

According to Judith Littlefield of Nutrition Services, "These classes have made me aware of how exercise and foods can affect our bodies. I now understand how to make better choices by reading labels and understanding what is in our foods. I have also learned how to plan healthy meals."

If you haven't had a chance to attend these classes, please stop by www.myplate.gov. This great Web site has an array of tips and ideas to help you stay healthy. Start making healthy choices now for a healthy future.

School Health Services

2985-A Bear St., Costa Mesa, CA 92626 • 714/424-5000



Merry Grasska
RN, MPH, FNP-C
Health Services
Coordinator

The Importance of Sleep

By Natalie Gerdes, R.N. and Merry Grasska, R.N.

Sleep is essential for all of us. It impacts the way we feel, look, and perform. It is especially important for growing children and teens. Sleep promotes healthy growth and development. It promotes alertness, memory, concentration, and academic performance. Adequate sleep allows children to function better academically and socially. Each child is unique, and there is no exact number of hours required, however there are guidelines based on age. School-aged children need nine to 11 hours of sleep, and teens typically need eight and one-half to 10 hours of sleep. Sleep patterns will also change as children develop.

If a child is not sleeping well, it can lead to poor concentration, difficulty making decisions, moodiness, and irritability. A child's life is busy with school, friends, after-school and weekend activities, homework, sports, television, music, phones, computers, and more. Creating evening schedules and sticking to them, as well as arranging calm and quiet periods prior to bed time, will help at any age. There are a number of sleep-related disturbances for which help is available. Parents who are concerned should talk to their child's doctor about any ongoing sleep problems. If a child exhibits excessive daytime sleepiness, loud snoring, pauses in breathing during sleep, sleepwalking, excessive nightmares, or night terrors, seek medical advice. Early diagnosis and treatment will promote a child's long-term health and well-being. We all need a good night's rest to be at our best.

District Transportation

2985-A Bear St., Costa Mesa, CA 92626 • 714/424-8903



Pete Meslin
Director

Professional Bus Drivers

One of the hallmarks of a quality employee is caring about the organization's mission and striving to improve his/her ability to achieve that mission. In Newport-Mesa's Transportation Department the mission is to provide safe, efficient, and effective transportation in support of learning. All of our bus drivers know this mission and take it very seriously. However, some of our drivers go even further to improve their skills beyond the numerous trainings the department provides. These drivers use non-paid time to practice precision driving skills and study the intricacies of the job. They then voluntarily compete in "School Bus Rodeos" to demonstrate and improve their skills and knowledge.

We are very proud to honor these PROFESSIONALS who on March 3 represented our district at the School Bus Safety Rodeo held at the Great Park in Irvine.

Drivers: Robert Bremner**, Tif Bush**, Kim Egnovich-Dispatcher, Benny Garces, Victor Garza *-Delegated Trainer, Cheryl Griffin**, Cindy Gomez, Jose Hernandez, Maria Hernandez, Brook Livingston, Victor Lobato, Humberto Montalvan, Theresa Roberts, "Cuco" Sanchez

* 1st Place in Orange County

** 3rd Place Team in Orange County

Judges: Kaleigh Hamlin-Driver, Danny Lesser-Operations Supervisor, Pete Meslin-Director, Jeffrey West-Delegated Trainer

Supporters: Jon Gailliard-Driver Trainee, Patricio Garces-Driver, Kim Large-Dispatcher, Valerie Maalouf-Dispatcher, Mike March-Driver, "Lucky" Nguyen-Driver, Al Ortiz-Mechanic, Sergio Sanabria-Driver
Numerous family members of all ages

School News



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from your Smart Phone
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Peggy Nguyen
Coordinator
Early Childhood
Education

Parent Workshops

The NMUSD Preschool Program provides an opportunity for local parents to participate in special educational workshops. The remaining workshops for this school year will address the topics of communication, health and nutrition.

The “Building Blocks of Communication” program is a training course that will provide parents with some practical tools to help their children communicate. They will learn how to identify and use their own child’s strengths to help motivate them to communicate more, use everyday activities to learn communication and language, and to talk in a way that will help them understand and learn new language.

The topics include strategies for parent-child interaction, application of strategies in book reading and play, and an overview of the developmental milestones of communication. Bilingual language acquisition will also be addressed. This spring the Building Blocks of Communication program will be offered at the College Park, Wilson, Pomona and Rea Preschools.

Nutrition workshops entitled “Everybody Move, Let’s Dance” will be presented by Pam Williams, who is a registered dietitian for NMUSD Network for a Healthy California. Parents will be able to get moving and active, and also gain some practical ideas on how to plan for their child’s healthy eating. These workshops will be offered in the spring at Whittier, Killybrooke, Rea, Wilson, Pomona, College Park and Sonora Preschools.

Please call our School Readiness Resource Center at (949) 515-6622 for more information on how to participate.

**Newport-Mesa Unified School District
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**NEWPORT-MESA
UNIFIED SCHOOL DISTRICT**

**10 Community Input Meetings
Scheduled as part of
Superintendent Selection Process
Public is Welcome to Attend Any Meeting**

The following stakeholder input meetings have been scheduled:
per zone - in coordination with already scheduled PTA meetings.

- Four high schools • Four elementary schools
- DELAC, and one district-wide meeting
- 10 meetings • 6 evenings • 4 mornings

All meetings are public and open to the public to attend any one of the meetings.

Following each of the meetings, a summary of the community input received will be uploaded to the superintendent search website(s) at:
www.nmusd.us/suptsearch2012 and www.nmusd.us/superintendente2012

Tuesday	March 20	7:30 – 8:30 p.m.	EHS PTA meeting
Thursday	March 2	7:00 – 8:00 p.m.	Rea PTA meeting
Wednesday	April 4	10:30 – 11:30 a.m.	CdMHS PTA meeting
Wednesday	April 4	10:30 – 11:30 a.m.	Mariners PTA meeting
Monday	April 16	6:30 – 7:30 p.m.	Davis PTA meeting
Monday	April 16	7:00 – 8:00 p.m.	CMHS PTA meeting
Wednesday	April 18	10:00 – 11:00 a.m.	NHHS PTA meeting
Thursday	April 19	5:30 – 6:30 p.m.	Newport Coast PTA meeting
Thursday	April 19	7:00 – 8:00 p.m.	DELAC (District English Learners) meeting –Lindbergh site
Monday	April 23	9:00 – 10:00 a.m.	District-wide meeting Ed Center Board Room

**Juntas para aportaciones de partes
interesadas como parte del Proceso
de Selección de Superintendente –
Invitamos al público a que asista a
cualquiera de las juntas**

Las siguientes juntas para aportaciones de partes interesadas se han programado: por zona, en coordinación con juntas existentes de la PTA.

- Cuatro high schools/preparatorias • cuatro primarias
- DELAC, y una para todo el distrito.
- 10 juntas en total • 6 en la tarde y • 4 en la mañana

Todas las juntas son públicas y están abiertas para que el público asista a cualquiera de ellas.

Después de cada una de las juntas, se colocará el resumen de las aportaciones de la comunidad en la(s) página(s) Web del proceso de búsqueda de superintendente en: www.nmusd.us/suptsearch2012 y www.nmusd.us/superintendente2012

Martes 20	de marzo	7:30 – 8:30 p.m.	junta de la PTA de Estancia HS
Jueves 22	de marzo	7:00 – 8:00 p.m.	junta de la PTA de Rea
Miércoles 4	de abril	10:30 – 11:30 a.m.	junta de la PTA de Corona del Mar HS
Miércoles 4	de abril	10:30 – 11:30 a.m.	junta de la PTA de Mariners
Lunes 16	de abril	6:30 – 7:30 p.m.	junta de la PTA de Davis
Lunes 16	de abril	7:00 – 8:00 p.m.	junta de la PTA de Costa Mesa HS
Miércoles 18	de abril	10:00 – 11:00 a.m.	junta de la PTA de Newport Harbor HS
Jueves 19	de abril	5:30 – 6:30 p.m.	junta de la PTA de Newport Coast
Jueves 19	de abril	7:00 – 8:00 p.m.	junta del DELAC (alumnos que están aprendiendo inglés del Distrito) –Lindbergh
Lunes 23	de abril	9:00–10:00 a.m.	para todo el Distrito Sala de Consejo del Centro de Educación

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BY MAY 3
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