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# School News

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Covering the Newport-Mesa Unified School District

VOLUME 10, ISSUE 55

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OCTOBER / NOVEMBER 2013

## Peer Assistance Leadership



Peer Assistance Leadership (PAL) is a program of 30, superlative ninth- through 12th-grade Corona del Mar High School (CdM) students dedicated to helping other CdM students from all spectrums of the social scale. (please see Corona del Mar High School page 7)

### N-MUSD Priorities/Prioridades K-12 2013/14

#### Academics

N-MUSD students will receive a rigorous and challenging curriculum, educated in state of the art facilities, prepared for college and career:

- The Common Core State Standards (CCSS) curriculum will be fully implemented through the development and use of units of study. These units of study will be created using Rigorous Curriculum Design strategies.
- N-MUSD CCSS curriculum will be UC/CSU "a-g" compatible and prepare students for college entrance and



Dr. Fred Navarro  
Superintendent

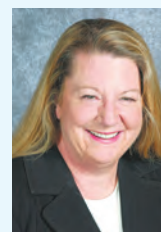
#### Académica

Los estudiantes del distrito N-MUSD recibirán un plan de estudio riguroso y exigente, en instalaciones educativas de vanguardia, y estarán preparados para la universidad y una carrera:

- El plan de estudio de los Estándares Estatales Básicos Comunes (CCSS, por sus siglas en inglés) se implementará totalmente a través del desarrollo y uso de unidades de estudio. Estas unidades se crearán utilizando estrategias de Diseño Riguroso de Plan de Estudio.

See SUPERINTENDENT • Page 18

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**Kay Coop**  
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This is our 10th year publishing the excellence from the N-MUSD.

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

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

**School News** 

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## Orange County Department of Education

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### Violence Prevention and Safe Schools



**Dr. Al Mijares**  
Superintendent

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

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

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

See **OC DEPT OF ED** • Page 4

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## School/Behavioral Problems Teen Issues/Bullying

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Teens believe it is very easy for them to get alcohol.

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**NCADD OC**  
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Visit [ncaddoc.org](http://ncaddoc.org) for more information.  
Funding provided by the Orange County Healthcare Agency—  
Alcohol and Drug Education and Prevention Team (ADEPT)

### OC DEPT. OF ED. • From Page 3

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

#### Seven-Step Planning Process for Safe and Effective Schools

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

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

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



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### Early Treatment Important for Heart Attacks



**Tina Wolford**  
Director  
Cardiovascular  
Services

Each year more than one million Americans have a heart attack, and more than one-third of those heart attacks are fatal.

Yet, people tend to wait when they think they might be having a heart attack, and that's a mistake. The average patient arrives in the emergency department more than two hours after the onset of symptoms, but what they don't realize is that the sooner a heart attack is treated, the less damage to the heart and the better the outcome for the patient.

Emergency room physicians will tell you that for a heart attack to be treated effectively, the treatments must start an hour of when the symptoms start.

When it comes to heart attacks, knowing the symptoms and getting prompt medical attention can make a huge difference in

the outcome. Here are the symptoms of a heart attack:

- Nausea • Feeling of fullness • Pain that travels down one or both arms
- Jaw pain • Fatigue • Anxiety • Chest pressure, squeezing or discomfort
- Back pain • Shortness of breath.

People may also experience mild chest symptoms, such as pressure, burning, aching or tightness. These symptoms may come and go until finally becoming constant and severe. Women are more likely to experience less common symptoms such as feeling short of breath, nausea or vomiting and pain in the back and jaw.

Accredited Chest Pain Centers, certified by The Society of Cardiovascular Patient Care, use protocol-based procedures developed by leading experts in cardiac care to reduce time to treatment in the critical early stages of a heart attack. These processes coordinate across the entire hospital, not just the Emergency Department, to assure that patients aren't sent home too soon or needlessly admitted.

If you or someone you know has any symptoms of a heart attack, it's very important that you seek immediate emergency treatment and don't wait to be sure. Call 9-1-1 for emergency care instead of driving to the hospital in the midst of a heart attack.

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## Heart Attack? Chest Pain?

### Every Minute Matters.

**If you think you might be having a heart attack, seek treatment immediately. Call 911.**

Too many patients have waited because they don't want to alarm their loved ones, or maybe they're worried about incurring unnecessary bills. Whatever the reason, the average patient arrives in the Emergency Department hours after the onset of symptoms.

**What they didn't know was that the faster a heart attack is treated the less damage to the heart and the better the outcome of their treatment.**

We understand the need for speed when it comes to treating what may be a heart attack. And we understand your desire to avoid unnecessary admissions and medical costs.

As an **Accredited Chest Pain Center**, Fountain Valley Regional Hospital will help you do both. We use protocol-based procedures developed by leading experts in cardiac care to reduce time to treatment in the critical early stages of a heart attack. Our processes are designed to seamlessly coordinate across the entire hospital, not just the Emergency Department, and to assure that patients aren't sent home too soon or needlessly admitted.

**If you've got symptoms of a possible heart attack, do your heart a favor and let our Accredited Chest Pain Center diagnose and treat you as soon as you can get to us.**



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## Adams *Elementary (K-6)*

2850 Club House Rd., Costa Mesa, CA 92626 • 714/424-7935 • <http://adams.nmusd.us>



**Gabriel DelReal**  
Principal

### Another Year of Positive API Growth

All of us at Adams are extremely excited about starting the school year with the momentum from the progress that our students have made on the California Standardized Tests (CSTs). For two years in a row, Adams Elementary School has shown significant growth in its overall Academic Performance Index (API) on the CSTs. In fact, during these years Adams surpassed the API targets that were set by the state. We also continue to outpace similar schools in English language arts and mathematics.

Additionally, with our API score of 795, Adams is right on the cusp of achieving the benchmark API of 800. This is our goal for the 2013-2014 school year. Perhaps even more impressive is the fact that Adams has made all of this progress during a time in which test scores throughout the state have been dropping.

The entire staff of Adams Elementary School, along with the students and their families, should feel extremely proud of this accomplishment. We are thrilled about the validation that this progress provides, and are confident that our school's success will continue throughout the coming years as we transition to the Common Core State Standards.

## Back Bay/Monte Vista *High School*

390 Monte Vista Ave., Costa Mesa, CA 92627 • 949/515-6900 • <http://backbay.nmusd.us>



**Debbie Lucker-Davis**  
Principal

### Two Tailored Programs

Back Bay is our district's continuation high school, and Monte Vista is the independent high school. Both schools are fully accredited by WASC and offer A-G coursework for students heading for a California state college or university. Both schools have the same graduation requirements as all district schools.

Students may be referred to us through the director of student services, by an assistant principal or counselor at their home school, by parents and by self-referral. After applying, a student may be accepted by the principal or placed on a waiting list. All RSP students must have a Change in Placement IEP meeting with their home school and Back Bay/Monte Vista staff before transferring.

Students, mainly juniors and seniors, attend school daily and complete five classes every 60 days. Students who successfully complete all coursework each year earn 75 credits. Work is completed in class and is similar in form to that of other schools, with online instruction available. Seniors may request to test out of failed classes or graduate early.

Before applying to Monte Vista, students must have successfully completed 120 credits, passed the California Exit ELA and math tests, and demonstrate academic ability. Independent MV students attend school once weekly for a minimum of two hours and complete one three-week class at a time. Students who work, have medical issues or are involved in high-level competitive sports appreciate the flexibility of independent programs.

Students who aren't successful at their home school or who need more flexibility should consider changing schools. For information about our programs, please contact us and schedule a visit.

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

1900 Port Seabourne Way, Newport Beach, CA 92660 • 949/515-6935 • <http://andersen.nmusd.us>



**Dr. Shannon Bray**  
Principal

### Triangle of Success

The 2013-2014 school year is off to a fantastic start at Andersen Elementary School. Our school's mission is to develop character and create a positive school environment where learning is a shared responsibility in order to ensure that all students experience success academically, physically, emotionally and socially. The shared responsibility is what we refer to as our "Triangle of Success," which involves equal partnership between the educational staff, the students, and the parent community. It is a winning combination that will ensure our Andersen students are provided with the best educational opportunities.

Andersen hosts a Flag Deck every Friday morning. This event is a celebration of our students' commitment to the four Rs: Respect, Responsible, Ready, and Recycle. All staff and students assemble on the blacktop for this special weekly event, which begins with the Flag Salute. All of our families are welcome to join us. During this time, classrooms are recognized for their hard work and exemplary behavior. Pride Awards are given to students for showing their personal best and our Dolphins of the Week are recognized. Additionally, selected students receive accolades for being "Buddies" not bullies. The Flag Deck event concludes with student birthday recognition and a cheer featuring our Word of the Week.

## California *Elementary (K-6)*

3232 California Ave., Costa Mesa, CA 92626 • 714/424-7940 • <http://california.nmusd.us>



**Matthew Broesamle**  
Principal

### Outstanding Opportunities

The Cougars are off and running and ready for another great school year. We remain steadfast in our vision of academic excellence through technology and the arts as we prepare our students with rigorous curriculum and challenge them with high expectations.

Our performing arts programs continue to grow upon successes of previous years. Our Cougar Band is entering its third year, and our show choir is coming off a very successful production of "Aladdin." In total, about 100 students are involved in band and show choir.

Our PTA will again be sponsoring Art Masters, bringing several art lessons to the classrooms throughout the year. Students have the opportunity to learn about artists of the past and create masterpieces of their own.

Students have many opportunities to explore technology as well, with two computer labs for them to use throughout the day. Thanks to the support of our foundation, students in all grades are able to have lessons taught to them each week by our technology instructional assistant. Students learn the basics of the computer and are also challenged to use programs that they will need to know throughout their education and careers.

With October quickly approaching, our school community is beginning to plan our annual Halloween Hoot, which will be on Friday, October 25. We hope you are able to join us for this great event!



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## College Park *Elementary (K–6)*

2380 Notre Dame Rd., Costa Mesa, CA 92626 • 714/424-7960 • <http://collegepark.nmusd.us>



**Julie McCormick**  
Principal

### All Ready to Go Further!

Another great year is in full swing! We welcome the following new staff members: Bea DeLaTorre, school administrative assistant; Wafa Bennani, school nurse; Cindy Fernald and Shandy Robbins, kindergarten teachers; and Victoria Portillo, Cleta Plascencia and Adelaida Albano, preschool and kinder instructional assistants.

Three of our classroom teachers are now National Board certified: Susan Shinnars, first grade; Michelle Hanscom, second/third grades; and Linda King, sixth grade. This is an exceptional honor, and we're proud!

Our teachers and students are again pleased with last year's academic gains, especially in STAR testing. This year, we'll continue to offer enrichment activities and support for students who are not quite at grade level.

During the summer, many College Park students participated in Summer Science Academy, Summer Music Institute and Summer Reading Academy. In just the first week of school, we've signed up more than 100 students for our PRIDE band and choir. These students perform throughout the year at school and community activities and concerts. We're very proud of these students, pictured at a recent flag deck, who have talents and passion for music.

Our Green Team has just begun work emphasizing recycling and conserving in everything we do at school and at home. Our emphasis on fitness and nutrition in the classroom and on the field will be evident throughout the year. Our Running Club officially began the first week in October, and our parents join us each Wednesday at lunch, running alongside their children. We appreciate the many extracurricular activities and programs that we're able to provide to our students to enhance the richness of their education.

## Corona del Mar *High School (7–12)*

2101 Eastbluff Dr., Newport Beach, CA 92660 • 949/515-6000 • <http://cdm.nmusd.us>



**Guy Olguin**  
Principal  
7–8 Grade



**Kathy Scott**  
Principal  
9–12 Grade

### Peer Assistance Leadership

*By April Maniscalco, PAL Advisor*

Peer Assistance Leadership (PAL) is a program of 30, superlative ninth- through 12th-grade Corona del Mar High School (CdM) students dedicated to helping other CdM students from all spectrums of the social scale. The CdM population is greatly improved by this single program. PAL brings awareness regarding issues ranging from social equality to abstaining from alcohol and drugs. PAL hosts weeks throughout the year

targeting diversity, suicide prevention, eating disorder awareness, bullying, and many other important student concerns.

In an effort to be welcoming to the new students enrolling at CdM, PAL coordinates Sea King Camp, a bonfire, and the New Student Luncheon. These events are designed to help the new students meet people and ease the tension of moving to a new school. Sea King Camp takes place during August, where PALs give new students a tour and answer questions. The bonfire is a small get-together where PALs and new students meet and make s'mores and bond in an atmosphere that's different from school. The New Student Luncheon aims at reinforcing how much PAL cares about making the new students feel at home.

In October, PAL will be hosting Red Ribbon Week. This is one of PAL's most important events and is based on the idea of abstaining from drugs and alcohol. PAL shows the negative effects that the usage of illegal substances can have on high school students. PAL is working to create a school-wide assembly for a more wide-spread impact.

## Costa Mesa *High School (7–12)*

2650 Fairview Rd., Costa Mesa, CA 92626 • 714/424-8700 • <http://cmhs.nmusd.us>



**Dr. Aaron Peralta**  
Principal  
7–8 Grade



**Dr. Phil D'Agostino**  
Principal  
9–12 Grade

### 21st-Century Learning

Costa Mesa High School (CMHS) has developed a repertoire of co-curricular experiences that compliments the core academic curriculum. From our award-winning Business Academy and the exhilarating Environmental Marine Academy to a bevy of Advanced Placement and Honors classes, CMHS has offers many opportunities for students to take a challenging and rigorous curriculum.

This year the Foreign Language Department began offering Mandarin Chinese as an option for students. Over 100 students originally expressed interest in the program, with approximately 80 of those students selected for the two classes offered. The teacher, Miss Lu Wang, is an expert in Mandarin Chinese, is credentialed in the subject, and has lived in China much of her life. In addition to bringing additional sections of Mandarin to CMHS in the future, there are plans to expand the program to include cultural exchanges and field trips to China beginning in 2014–2015.

With the onset of the Common Core State Standards and 21st-century learning expectations, CMHS is positioning itself to provide a 21st-century curriculum for all its students.

## Davis *Magnet (K–6)*

1050 Arlington Dr., Costa Mesa, CA 92626 • 714/424-7930 • <http://davismagnet.nmusd.us>



**Christy Flores**  
Principal


### That's Our Job

At Davis Magnet School, there are two jobs that we take very seriously: student safety and student learning. Students are reminded to make good choices that ensure safety for themselves and their peers. Students are also aware that our mission is learning; therefore, every measure is taken during the school day to guarantee zero interruptions to student learning.


As parents, there are a few things you can do to help students and staff succeed at these two jobs. Since safety is a priority, please make sure that the personal contact information on your child's emergency card is current and accurate. If any information changes throughout the year, please communicate that with our front office. All adults, including parents, are required to sign in at the front office and wear visitor or volunteer badges while on our campus. Follow all parking lot and traffic laws during school pick up and drop off. Plan accordingly, slow down, and be aware of the people around you.

In order to maximize student learning time, forgotten lunches, instruments, and homework, as well as messages, will be delivered by our office staff during times that do not interrupt instruction. You can help at home by providing a quiet study area for your child to read and study math facts.

Students, staff, and parents all play important roles in keeping our students safe and helping students learn. We appreciate your continued support and look forward to working together throughout the school year.





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## Early College *High School (9–12)*

2990 Mesa Verde Dr., Costa Mesa, CA 92626 • 714/241-6108 • <http://earlycollege.nmusd.us>



**Kathy Slawson**  
Principal

### A World View

In collaboration with Candace Leuthold's advanced placement biology class at Early College High School, and the Earthwatch Institute, the Kenneth A. Picerne Foundation will be sponsoring a Global Sustainability Project (GSP) in June of 2014.

Up to 10 Early College High School students will participate in a teen expedition to South Africa. The goal of the GSP is to broaden student understanding of other cultures and increase awareness of local and global ecological concerns. The students will spend 10 days on a game preserve in South Africa, engaging with peers and aiding research scientists studying ecological sustainability among Africa's wildlife, particularly hyenas and other scavengers.

Prior to departing for South Africa, the students will read at least one novel set in Africa. They will also meet with Ms. Leuthold to study the ecology, history and culture of South Africa, and choose a topic related to the flora or fauna of that country for a research paper to be presented to peers and foundation representatives.

Students will also volunteer a total of 40 hours during the academic year to work on the UCI Plankton Project. This will involve collecting zooplankton with a net, either from various docks or a boat, and bringing it back to the UCI laboratory for photo- or video-microscopy.

The students will document their project in lab notebooks and journals with photos. They will also be making a poster presentation to foundation members, parents, peers and the community when they complete their project at the Newport Bay Conservancy Spring Symposium.

## Horace Ensign *Intermediate School (7–8)*

2000 Cliff Dr., Newport Beach, CA 92663 • 949/515-6910 • <http://ensign.nmusd.us>



**Dr. Gloria Duncan**  
Principal

### ASB Continues to Spread Kindness

*By Adena Rothbard, Blake Ling, and Hannah Hobrecht, "Seabee Buzz" writers*

This school year, our wonderful ASB changed Ensign for the better. One activity in particular that they planned this year was the ripple effect of Kindness Week, which added to our Community of Kindness. Each day that week, there was an activity that focused on getting students to know each other better. ASB students also posted kindness quotes around the school. A special speaker, Mike Smith, came to Ensign to speak to students about his experiences with bullying in order to help change perspectives.

Also new this year, each SSR class will select a student representative to join a student senate that will meet with ASB to discuss important matters.

Finally, for the second consecutive year, Ensign's ASB received an outstanding activities program award from the California Association of Student Leaders. To receive this award, ASB students submitted an application that was approved by the CASL state board.



## Eastbluff *Elementary (K–6)*

2627 Vista del Oro, Newport Beach, CA 92660 • 949/515-5920 • <http://eastbluff.nmusd.us>



**Cheryl Beck**  
Principal

### API Score Soars to 920!

Eastbluff Elementary School has a strong commitment to the academic achievement of all students as we focus on our professional learning communities. We are so proud of our Eastbluff students and staff for the 28-point gain in our Academic Performance Index (API) score to 920 this year! The Standardized Testing And Reporting (STAR) results validate all our hard work, as we focus on rigorous curriculum, use of technology, transitioning to the Common Core State Standards, and our strong Response to Intervention.

We are utilizing the Voyager and LEXIA/Reading Plus literacy intervention programs to address the needs of some students who are struggling in reading. This program is used in first through sixth grades for targeted, small-group instruction within the Universal Access portion of the school day. The Voyager and LEXIA/Reading Plus programs are state-approved reading intervention programs that address the Big Five reading components: phonemic awareness, phonics, fluency, vocabulary, and comprehension.

Reading and math intervention are provided through our Learning Lab with Ms. Adams and Ms. Yoffa. We continue to use Accelerated Reader, and this year we began an updated Accelerated Math program to also help reinforce math skills. We also saw great growth in our students' comprehension and writing through the implementation of Thinking Maps this year!

Another resource that is available is the Reading and Homework Club. Ms. Yoffa has opened the library each morning from 8 to 8:25 a.m. for students to complete homework, study for tests, take Accelerated Reader tests, or sit and enjoy reading.

## Estancia *High School (9–12)*

2323 Placentia Ave., Costa Mesa, CA 92627 • 949/515-6500 • <http://estancia.nmusd.us>



**Kirk Bauermeister**  
Principal

### Building Future Leaders

Estancia High School's Associated Student Body (ASB) attended the Orange County Leadership Camp at UC Santa Barbara this summer. Twenty-five Estancia students, along with our activities director, Jeff Perry, and our English department chair, Marian Dickey, learned the different ways to become a leader on their school campus. They attended multiple seminars ranging from job-alike workshops to skill-development workshops on topics such as interpersonal skills, public speaking, time management and resolving conflicts. The students also heard from some of the best motivational speakers in the country.

These seminars and guest speakers challenged the students to go beyond the bubble of their normal lives to serve others on their campus and within their surrounding community. During Leadership Camp, the student leaders also had the experience of staying in UCSB's dorms and eating at their cafeteria.

Estancia's ASB students returned to school in September reenergized and ready to make positive changes on our school campus.





## Harbor View *Elementary (K-6)*

900 Goldenrod Ave., Corona del Mar, CA 92625 • 949/515-6940 • <http://harborview.nmusd.us>



**Todd Schmidt**  
Principal

### Wish You Were Here, Reading!

By Amy Senk, Parent and Reporter for "Corona del Mar Today"

Harbor View Elementary School students may have played, vacationed, visited beaches and relaxed over their summer vacations, but they also read hundreds of books, thanks to a new program developed by a parent.

"This past summer, in conjunction with the Corona del Mar Library, we encouraged kids to read books and then send me postcards at the school telling me about the book," said Principal Todd Schmidt in an e-mail. "I received well over 500 postcards from students."

At Friday's school Flag Deck ceremony, Mr. Schmidt recognized the students who completed the library's summer reading program. He also held a drawing for students who mailed postcards. Parent Anne Kittleson organized the program, and the winners received bow-tie hats, Mr. Schmidt said.



## Abraham Lincoln *Elementary (K-6)*

3101 Pacific View Dr., Corona del Mar, CA 92625 • 949/515-6955 • <http://lincoln.nmusd.us>



**Carrie Gammel**  
Principal

Newport-Mesa Unified School District is pleased to announce the selection of Carrie Gammel as Principal of Lincoln Elementary School.

Carrie's selection is the result of a successful recruitment process. The process included a community forum held at the school and an online survey to gather input from parents and staff about the attributes they would like to see in their next principal. Panel members selected to participate in the district interview process included parent and staff representatives from Lincoln. The input received from the Lincoln community was

used to guide the interview process and resulted in identifying Carrie Gammel as the leader who best meets the needs of the school.

Carrie Gammel currently serves as the Principal of Del Mar Hills Academy. She comes to the Newport-Mesa Unified School District with a strong background in educational leadership and instructional expertise. Ms. Gammel received the Excellent Teacher Award from the California State Senate. Her twelve years of classroom teaching and five years of administrative experience enabled her to work with parents, teachers, and the community to create a positive learning environment where every student can excel.

As an administrator, Ms. Gammel implemented a targeted, differentiated math program that was recognized by the California School Recognition Program and resulted in receiving the California Distinguished School Award. In addition to her training as a GATE Coordinator and Positive Behavior Intervention and Support Coach, she designed and implemented core-curricular academic programs integrated with the fine arts and sciences.

Ms. Gammel looks forward to building a strong partnership with her new school family and local community to create a foundation for even greater success at Lincoln Elementary School.

## Heinz Kaiser *Elementary (3-6)*

2130 Santa Ana Ave., Costa Mesa, CA 92627 • 949/515-6950 • <http://kaiser.nmusd.us>



**Dr. Deborah Granger**  
Principal

### Welcome Back, Mr. N!

Kaiser Elementary School is growing! The school year opened with 180 fourth-graders in five classrooms. NMUSD saw our large classes and provided the opportunity to add a new teacher. We welcome back Mr. Andrew "Boomerang" Ntzouras, fondly referred to as Mr. N. Mr. N completed his student teaching and served as a long-term substitute here before being selected to join us in 2012-13. When we lost him at the end of the school year, Mr. N told everyone, in true Terminator fashion, "I won't say goodbye because if history is any indicator, I'll be back!"

Mr. N is the teacher whose car neighbors see in the parking lot late into the night and on weekends. He obtained student-technology resources and special books through two successful Donors Choose campaigns and created opportunities for students to stretch their creative "bones" while learning academic research and public-presentation skills. We're thrilled to have Mr. N back!

We would be remiss if we didn't also celebrate and welcome the wonderful "veteran" teachers who joined our team way back in the summer! Tracey Carter comes to Kaiser with many years of classroom and administrative experience and a tremendous passion for English learners and outdoor education. Tricia Lamb served as Kaiser's science specialist for many years. She graduated with her third-graders from last year to become a member of Kaiser's fourth-grade this year.

As we look across our campus, we see growth and tremendous excitement about the new school year!

## Killybrooke *Elementary (K-6)*

3155 Killybrooke Ln., Costa Mesa, CA 92626 • 714/424-7945 • <http://killybrooke.nmusd.us>

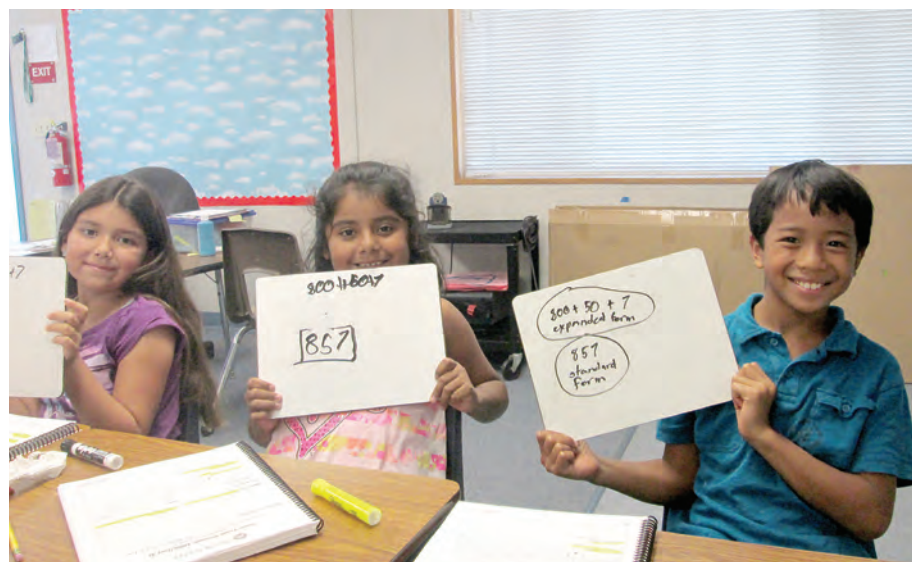


**Dr. Lorie Hoggard**  
Principal

### Mathematical Thinking

Killybrooke Elementary School students began the new school year with a new mathematics program. The Swun Math Model goes beyond the traditional mathematics lesson, which requires students to learn concepts and practice mathematical procedures. Teachers carefully check student understanding of the targeted concept, using white boards to quickly ascertain how each student solved the math problem.

Students end the daily math lesson by building consensus in small groups on how they solved the problems. In their groups, they must explain and defend their answers, as well as how they arrived at the answers. Students then present their work to the whole class. Requiring students to explain their thinking and strategies is a critical step in preparing our students to apply their mathematical knowledge as they enter higher level math courses and use math in their careers.



Third grade students use white boards to show their teacher they understand the concept of place value.



## Mariners *Elementary (K-6)*

2100 Mariners Dr., Newport Beach, CA 92660 • 949/515-6960 • <http://mariners.nmusd.us>



**Pam Coughlin**  
Principal

### Recess Before Lunch

Mariners School implemented Recess Before Lunch this school year. Some of the benefits of this program are improved student behavior while eating, students returning to the classroom calmer and ready to learn, students eating more of their lunches and drinking more liquids, and fewer visits to the school nurse.

Studies done by different groups, such as the National Dairy Council, the National Food Service Management Institute, and Action for Healthy Kids, show that children who have recess before lunch eat 24 percent more food, waste 30 percent less food, consume eight percent more calories, and consume 35 percent more calcium and 13 percent more vitamin A. Another research study, conducted

by the Montana Team Nutrition Program, indicated a decrease in discipline problems on the playground, in the cafeteria, and in the classroom when students have recess before lunch. Children returned to class more settled, calmer, and ready to learn. Focus groups found that children preferred playing prior to eating lunch.



## Newport *Elementary (K-6)*

1327 W. Balboa Blvd., Newport Beach, CA 92660 • 949/515-6965 • <http://newportel.nmusd.us>



**Rich Rodriguez**  
Principal

### Focus on Learning

Newport Elementary School is dedicated to improvement as we implement a professional learning community (PLC) model in order for our students to learn at high levels. To sustain our learning community, we focus on learning outcomes rather than simply teaching, working collaboratively, and holding ourselves accountable for results. We address what our students need to learn, how we'll determine if they have learned it, and how we'll respond if they haven't learned or if they already know.

This month, we introduced our learning rotations. These occur four to five days a week for 30 to 60 minutes for every student in order for them to receive targeted extra support and enrichment. The way this works is as follows: We lower student-to-teacher ratio during this time, and students benefit from targeted small-group instruction that enriches the curriculum. Although it is new to our school, we are seeing student motivation to learn increase.



## Newport Coast *Elementary (K-6)*

6655 Ridge Park Rd., Newport Coast, CA 92657 • 949/515-6975 • <http://nce.nmusd.us>



**Dr. Duane Cox**  
Principal

### Newport Coast Elementary, A Gold Medal School

Our school community is committed to the philosophies of Professional Learning Communities. Each child deserves the collective best of all teachers on the campus. The instruction students receive is based upon ongoing assessment in the classroom. Classroom teachers use the variety of tools they have, including Teacher on Special Assignment (TOSA), supplemental instructional programs, and one another's resources to support our school mission: all students will learn at high levels.

The Newport Coast Elementary staff invites parents and the community to team with us to move our students to their full potential. As always it takes each and every one of us to positively impact our children and move them toward their goals.

## Newport Heights *Elementary (K-6)*

300 E. 15th St., Newport Beach, CA 92663 • 949/515-6970 • <http://newportheights.nmusd.us>



**Kathleen Jaquin**  
Principal

### Worthy Ambassadors

This year, Newport Heights is excited about our "Ambassadors of Kindness" campaign. We are continuing to challenge our students to live a lifestyle that reflects the spirit of kindness towards others.

We are also excited to be introducing a new school-wide positive behavior model. Positive expectations were first created for our students to follow, with posters created for the classrooms and campus. Our teachers spent time during the first week of school delivering short, direct instructional lessons on the positive behaviors that were expected throughout the campus.

A logo was created by one of our students last year that uses the A-OK symbol, which stands for Ambassadors of Kindness. This visual cue serves as a great reminder that our Newport Heights Sharks are respectful, purposeful and responsible.

Our campus is excited to be taking another step away from the idea of being "my students," towards the goal of being "our" students. Go, Sharks!



**Ambassadors of Kindness Logo**

## Newport Harbor *High School (9-12)*

600 Irvine Ave., Newport Beach, CA 92663 • 949/515-6300 • <http://nhhs.nmusd.us>



**Sean Boulton**  
Principal

### Part of the Magic

My connection with Newport Harbor High School (NHHS) began when my dad moved to Newport Beach and my oldest cousin enrolled at NHHS. Visits to the school with family and viewing the historical clock tower while sailing started the connection. While working at Laguna Hills High School, I learned that NHHS was the high school to model programs after if we were going to be considered great. Further, we were always attempting to emulate the rich traditions that fill NHHS's past and to parallel the many academic programs of distinction here.

Lately, there have been morning jogs by NHHS. For some reason, this school has an appeal like no other in Southern California. It feels wonderful to be part of the magic at NHHS.

Everyone has been supportive, welcoming, and gracious. The main goal this year for me will be to absorb the school culture, listen to staff and students, and candidly discuss the many successes and issues at NHHS. I'm honored to share my skills and experience as part of the NHHS magic!

Go, Sailors!





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## Paularino *Elementary (K-6)*

1060 Paularino Ave., Costa Mesa, CA 92626 • 714/424-7950 • <http://paularino.nmusd.us>



**Amy Nagy**  
Principal

### A Sweet Celebration

I scream, you scream, we all scream for ice cream! The PTA thanked the students, staff, and parents for a fabulous start to the year with an all-school ice-cream social, which included the whole school community. The PTA Executive Board and volunteers served over 700 bowls of ice cream at dismissal on Friday, September 13. Parents, grandparents, aunts, uncles, and siblings joined students and staff for the social. Principal Amy Nagy, PTA President Lucy Najera, and PTA Vice President of Membership Breanna Sotelo thanked everyone for their attendance and encouraged parents to get involved!

That Friday marked the midway point of the PTA's two-week membership drive. Midway through they had already registered 200 members!

The Paularino Elementary School Panthers are off to a terrific start, and we are looking forward to a great year!



One of many photos taken during the social.  
To see others visit our website [paularino.nmusd.us](http://paularino.nmusd.us)

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

661 Hamilton Ave., Costa Mesa, CA 92627 • 949/515-6905 • <http://rea.nmusd.us>



**Dr. Kalim Rayburn**  
Principal

### A Busy Season

The fall semester at Rea Elementary will be enriched with opportunities that go beyond those of the traditional learning environment.

In raising money to support additional enrichment opportunities, our students are taking an active role in this year's fourth-annual Jog-a-Thon on Wednesday, October 16. Teacher Glenn Atkins coordinates the annual activity with a great deal of enthusiasm that filters into the energy our school has for creating successful events.

Rea's two robotics teams, the Legosteins and Robodestructo, have also been practicing throughout the summer to simulate the challenges they will face at this year's First Lego League tournament (FLL). Facilitated by teacher Aaron Harmon, both teams will carry out their missions by building on the experiences from last year, where teamwork, creativity and competition were at the heart of constructing a robot that could defeat their opponents.

In November, Rea's sixth-grade students will spend a day at the Tiger Woods Learning Center concentrating on college and career readiness. The students will learn about A-G requirements, participate in a hands-on activity that emphasizes science, technology, engineering and math (STEM), and learn about other opportunities TWLC offers in support of their academic and professional journeys.

Also returning is Team Kids. Beginning in November, Ms. Katie Holt will empower our students to make a difference in their world through weekly challenges centering on student collaboration in a cause that's good for the community.

We are proud to continue to offer our Rea students experiences that apply what they learn in school to the real world.

## Pomona *Elementary (K-6)*

2051 Pomona Ave., Costa Mesa, CA 92627 • 949/515-6980 • <http://pomona.nmusd.us>



**Megan Elsten Brown**  
Principal

### Year of the Worm

The Pomona Elementary Community all agree that reading is important. In an effort to excite the student body to read as much as they can independently, Pomona Student Council has dubbed this school year the Year of the Worm, and our clever students came up with the following implementation model.

What: Year of the Worm is to motivate students to read and to celebrate the joy of reading. Who: All students kinder through sixth are welcome to participate. Why: To inspire children to read independently, and to celebrate meeting individual, class and school goals. How: Students will set independent-reading goals using our Accelerated Reader Program. Classes will compete for monthly prizes, and as a school, Pomona will aim to beat the number of words read last year.

If students meet their respective goals, they will receive a certificate, a worm-inspired surprise and a chance to win a Kindle reader. If the school meets the reading goals, the students get to cover Mrs. Brown with silly string, and she agreed to wear a school uniform the entire last week of school. More proof that educators will do anything to get their students to read and succeed!

## Sonora *Elementary (K-6)*

966 Sonora Rd., Costa Mesa, CA 92626 • 714/424-7955 • <http://sonora.nmusd.us>



**Christine Anderson**  
Principal

### Learning and Growing

Sonora School is off to a great beginning of the new school year! Our PTA and Dad's Club are in full swing, planning great activities for students and their parents!

On September 10, we celebrated our wonderful grandparents with Lunch With Your Grandchild. Grandparents visited their grandchildren's classrooms in the morning and enjoyed lunch with their grandchildren afterwards. It is one of our all-time favorite days!

At Back-to-School Night in September, parents learned about our participation in the No Excuses University group of schools and what we mean by "Sonora Students Are College Bound!"

On October 3, Sonora hosted its first jog-a-thon of the year. All money raised benefits the grade levels directly, providing field trips, performing or visual art activities, and instructional supplies. Our annual Trunk-or-Treat event will take place on Wednesday, October 30, complete with a trunk-decorating contest and our famous haunted house!

Sonora School is a great place to learn and grow! Sonora Students Are College Bound!

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## Charles W. TeWinkle *Intermediate School (7-8)*

3224 California Ave., Costa Mesa, CA 92626 • 714/424-7965 • <http://tewinkle.nmusd.us>



**Kira Hurst**  
Principal

### Musical Showcase

TeWinkle Middle School's music program is continuing to grow, showcasing our talented students as they express themselves through instrumental and choral performances. Students have the opportunity to take beginning band, choir, or guitar. Students in band get to choose the brass, woodwind, or percussion instrument that most interests them, including uncommon instruments such as French horn, oboe, and bassoon. After a year in beginning band, students can join the award-winning Trojan Concert Band. In that ensemble, students begin to refine and develop their abilities and travel on field trips for festivals and competitions, including theme parks such as Disneyland and Knott's Berry Farm. TeWinkle also offers an exciting Jazz Band club, which meets before school and plays exciting jazz, Latin, and rock and roll tunes.

Choir students learn proper singing technique and learn to sing in harmony on both classical and popular types of music, as well as working with elements of dance and choreography. The students learn music from Broadway shows and refined classical works to showcase their beautiful voices.

The TeWinkle Guitar Ensemble learns guitar technique, including chords and note reading, and develops playing abilities in both solo and group settings.

TeWinkle students perform three concerts a year, including a holiday concert on December 11, a festival concert on March 19, and an outdoor concert on June 11. We look forward to seeing you there!

## Wilson *Elementary (K-6)*

801 Wilson St., Costa Mesa, CA 92627 • 949/515-6995 • <http://wilson.nmusd.us>



**Dr. Julie Perron**  
Principal

### A Child's Garden of Purpose

Wilson Elementary is a learning community that is growing and blooming as a garden should. In fact, what do you get when you mix students, teachers, soil, water, seeds, a support organization and a food bank? A Service-Learning School Garden!

In 2011, OneOC, a nonprofit organization, provided materials and volunteers to establish a garden. Since then, our kindergartners and first-graders have experienced hands-on opportunities to embrace life science curriculum with links to language arts and social studies. In addition, our fifth-graders are gardener leaders who support the garden by watering and weeding. All student gardeners reap the benefits of socialization as well.



The produce we harvest is sampled by the students, and the rest is donated to Second Harvest Food Bank. Indeed, Wilson staff embraces the metaphor of a community garden: the staff are also gardeners, and each student is a plant destined for growth. As our staff works the soil, building a community that fosters trust, hope, parent involvement and student civics, our plants grow strong. While we tend our student gardens, we celebrate the growth we see. We are happy that the learning cycle has begun a new year!

## Victoria *Elementary (K-6)*

1025 Victoria St., Costa Mesa, CA 92627 • 949/515-6985 • <http://victoria.nmusd.us>



**Dr. Linda Tenno**  
Principal

### Learning Rules, Names and Lot of New Things

Victoria Kindergarten kids are learning the classroom rules: sharing, being friendly, using an inside voice, and listening. We are sharing and playing nicely with our friends from all the kindergarten classes. We also are learning the names of our new friends and classmates. We read the story, *Pete the Cat: Rockin' in My School Shoes* and we are working on our color words. This book is the class favorite, especially with the music cd. We are excited to learn many more things this year!



## Whittier *Elementary (K-6)*

1800 Whittier Ave., Costa Mesa, CA 92627 • 949/515-6990 • <http://whittier.nmusd.us>



**Scott Wilcox**  
Principal

### We Say Thank You!

First-grade students were all abuzz one recent balmy morning as a cherished Whittier tradition was continued again this year. Our branch of a national service club once more generously brought shoe boxes filled with school supplies for each and every first-grader. Wide-eyed excitement was the theme as each first-grader filed into the Whittier School library to accept his or her very own box filled with pencils, markers, rulers, flash-card rings and other essential school supplies.

Providing all students in first grade with school supplies is a valuable and much-needed gesture. "It sets them up for success for the rest of the school year," said first-grade teacher Kristin Pirotin. "It gives them supplies that they need to do homework and work on basic skills."

Whittier has also been the grateful recipient of even more school supplies from another charity that organized the distribution of supplies from multiple donors. And not to be left out, each grade level received a box of essential supplies from Rhonda Christlieb, an employee of a financial institution. Whittier School is truly grateful for our community's support!

## Woodland *Elementary (K-2)*

2025 Garden Ln., Costa Mesa, CA 92627 • 949/515-6945 • <http://woodland.nmusd.us>



**Lauren Medve**  
Principal

### A Focused Transition

It proved to be an exciting and busy beginning of the school year at Woodland Elementary. That's because Woodland teachers spent the first day back from summer vacation at different school sites learning about the new English Language Arts-themed units (ELA), which will be used this year as we transition to the Common Core Standards.

In order to prepare students for the Common Core, the district created a focus group of teachers, principals and other administrators who worked this past year on building a cohesive and comprehensive curriculum that intentionally connects standards, instruction and assessment. This year, our teachers will pilot many of the new ELA units geared towards helping their students meet the challenging tasks associated with these new standards.



# School Health Services

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

## Staying Healthy, and Ready to Learn



**Merry Grasska**  
RN, MPH,  
FNP-C  
Coordinator

Getting back to school gives children and parents a lot to think about, and hopefully, health ranks high on the list!

Health sometimes takes a back seat to new shoes, backpacks and getting into the right class. But rest assured that health is on the top of the list at your school, for in the health office you will find the friendly Health Services team comprised of the school nurse and health assistant.

You might wonder what these health-wise folks do at the beginning of the year. Their focus is on ensuring that students are immunized and meet the health requirements for attendance. They also see that student health conditions are addressed, and that any medications which need to be taken at school are in place.

Parents are invited to share information about their children that will help keep them in good health, and safe at school. The school nurse wants to know about allergies, needed medications, or any health conditions that might impact a child's ability to learn and participate at school.

It is also important for families to provide current contact information in case of emergency, or if the student becomes ill during the school day.

This fall, as you think about your student's educational needs, consider also how health plays a role. Communicate any health concerns to the Health Services team at your school. They care about your students, and their role is to address health needs in support of academic success.

# English Language Learners

2985-A Bear St., Costa Mesa, CA 92626 • 714/424-8983

## A New School Year!



**Karen Kendall**  
Director

We are very happy to begin a new school year with laser-like focus on student achievement for English Learners! Throughout our district, leaders are reading Mike Robbin's *Focus on the Good Stuff* to deepen our collective capacity to help all students. In N-MUSD, all means all!

Focus on the Good Stuff with Our Parent Initiative. Developed by our District English Learner Advisory Committee (DELAC) parents, our Parent Initiative emphasizes three involvement opportunities for parents: JOIN (a school committee), LEARN (about how your child is doing in school, especially in reading), and SHARE (positive, affirmative statements with your child). We have published a brochure describing our Parent Initiative, and parents sport jelly wristbands that say: N-MUSD Parent: I Am Doing My Part. Throughout the district, the emphasis is on parent engagement in the educational process of their child.

Focus on the Good Stuff with CELDT: The California English Language Development Test (CELDT) is given to each continuing English Learner annually during September or October. The CELDT measures the EL's progress in Listening, Speaking, Reading, and Writing. From the district level, we are supporting our schools in the administration of the CELDT Annual. In addition, we are delighted that we can also offer additional support to schools highly impacted with first graders who need the CELDT Annual administered one-to-one in all four areas of listening, speaking, reading, and writing.



# District Transportation

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

## Training Champions



**Pete Meslin**  
Director

Olympic champion Jesse Owens once said "A lifetime of training for 10 seconds." Although our drivers aren't in the Olympics, we consider our training to be just as essential for building school bus champions. Our training investment prepares us to perform as safely and efficiently as possible while transporting our students.

Bus drivers go through a rigorous screening, selection, and training process. New drivers receive a minimum of 20 hours classroom training and 20 hours behind-the-wheel training.

Then, to keep their Special Driver Certificate they receive at least 10 hours of renewal training per year. At NMUSD we recognize how essential training is so our drivers average more than 20 hours per year of renewal training.

Some of our recent training topics include:

- Precision driving skills
- Customer service
- Student loading and unloading
- Communications skills
- Preventing distracted driving
- Routing details and documentation
- Student management techniques
- Implementing behavior support plans
- Bullying, child abuse awareness and reporting procedures
- Bus safety check and reporting
- Emergency bus evacuation
- Doing your best for students with special needs
- Defensive driving skills

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# Nutrition Services

2985-A Bear St., Costa Mesa, CA 92626 • 714/424-5000 • [www.nmusd.us/depts/ns/resources\\_parent.php](http://www.nmusd.us/depts/ns/resources_parent.php)

## Healthy School Meals Matter



**Dale Ellis, R.D.,  
M.B.A., S.N.S.**  
Director

By Pam Williams, MPH, RD - Nutritionist

Recently, Americans have been taking a look at their diet to make changes for good health. And Newport-Mesa's Nutrition Services is no stranger to this task. We were among the first to add brown rice and whole-grain-crust pizzas to our school meals. We've also included locally grown fruits and vegetables whenever possible.

Recently, the Healthy Hunger-Free Act updated the nutrition standards for school meals. This is another link in helping students stay healthy. What are these changes? They include the following:

Increase the amount of whole grains. Foods such as whole-grain breads and cereals will boost intake of fiber and other nutrients. Vary the vegetables throughout the week. Colors matter: White jicama, green broccoli and yellow corn are a few examples. Getting a variety offers a spread of nutrients needed for good health.

Reduce saturated fat, or the fat that is solid at room temperature, such as butter. Reduce sodium, which is found in salt, condiments and many other foods. Consume calories within reasonable portions. Give students choices from five food groups: fruits, vegetables, grains, protein and dairy. They can select all five or as few as three items.

Remember, healthy meals help build healthy minds.



## Newport Beach Public Library

1000 Avocado Ave., Newport Beach, CA 92660 • 949/171-3800 • www.newportkids.org

### It's a Crafty Fall at the Library



**Evelyn Rogers**  
Children's  
Librarian

Fall is a great time to be creative! The Newport Beach Public Library is hosting several spooky, and not-so-spooky, craft programs this October.

There are no tricks brewing at the Boo Blast Craft Club on October 17 at 4 p.m. at the Central Library. Crafty treats are in store for all who attend. We will also be honoring the creativity of Syd Hoff and his books for children at our Family Storytime on October 19 at 10:30 a.m. at the Central Library.

There will be special guests and fun art and crafts. This program will be a kick-off for the Central Library's display of Syd Hoff art.

Get set too for a Halloween SPOOKtacular on October 24 at 3:30 p.m. at the Balboa Branch. Ghosts and goblins can spend a ghoulish afternoon at the library with some spooky activities, stories and crafts. Children in costume will receive a special treat.

It's Monster Madness on October 29 at 4 p.m. at the Mariners Branch. Join us for a spooky good time! Enjoy silly monster stories, test your knowledge with terrifying trivia, and make creepy crafts. We'll wrap up our month of October fun and crafts with Not-Too-Spooky Crafts on October 30 at 3 p.m. at the Corona del Mar Library. Come make Halloween crafts for little ghouls and ghosties.

Visit our Web site for a complete listing of library programs, hours and more!

## Costa Mesa Library Foundation

P.O. Box 2864, Costa Mesa, CA 92628 • www.costamesalibraryfoundation.org



### Libraries Continue to Be Important

By Gayle Spinks, Foundation Member

In my last column I discussed results from a recent Pew Study (Internet & American Life Project). Here is more relevant information from that study.

- Surprisingly, 85% of 16-17 year-olds read at least one print book in the past year, making them significantly more likely to have read a book in this format than any other age group.
- Younger patrons are significantly more likely than their elders to use libraries as places to sit and read, study, or watch or listen to media; 60% of younger patrons say they go to the library to do this, compared with 45% of library visitors ages 30 and older.
- 44% of library visitors under age 30 have used a library's computers, internet, or a public Wi-Fi network, compared with just 27% of those ages 30 and older.

I think we can all agree then that libraries continue to be important and are not irrelevant – in spite of the Internet. These younger library users seem to be showing us the way – we should listen and follow them!

For more information, visit our website at [www.costamesalibraryfoundation.com](http://www.costamesalibraryfoundation.com)

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# Halloween Safety Tips



Jodie Lynn

There are some real threats to the safety of our kids during the highly anticipated Trick or Treat night. To make this vastly projected event run smoothly and to keep everyone safe, here are a few tips that parents need to consider and talk about beforehand with their kids.

**Have your children dressed in aged appropriate costumes.** Make it large enough to wear one layer of normal clothing underneath for warmth, but if it's too big or long, they can easily trip and hurt themselves. Make sure all materials are fire-retardant.

Be sure that it has a retro reflective strip placed between the shoulders and knees to alert drivers on the street and other kids, especially large groups. Should the costume not have these types of panels woven into the material, retro reflective tape can be bought just for this purpose.

**No running.** Tell your children there will be no running allowed. Falling down is one of the number one injuries of children during trick-or-treating. Have them stay on sidewalks and/or walk facing traffic if there are none.

**Do not allow them to cross yards.** Even though many people keep their lights on during the evening, most of the time, they do not shine over the entire yard. There could be something in the yard that could trip or hurt your child. In fact, sometimes, there are holes or low points in the lawn that cannot be avoided.

**Stay with children under the age of 12.** If your child is younger than 12, stay with them. If you are allowing them to go with another adult other than yourself, be sure that your child knows the name of that person and vice versa. It's always a good idea to have the name of your child, address and phone number written on a piece of paper and tucked away in a pocket or pinned to their costume on the inside of the waist. Remember, when a child is excited, frightened or hurt, they forget facts. Tell them what the piece of paper is, what it says, why it is there and when to use it.



**Monitor toddlers and young children for putting things in their mouth.** Keep an eye on toddlers and young children as they try to begin eating their candy right away. As a rule of thumb, it is best for none of the kids to eat any treat until someone has gone through it. However, with little ones, they will instantly put goodies into their mouths, wrapper and all, possibly provoking a choking hazard.

**Establish a safe route and return time.** Draw up a simple map of your neighborhood and mark-approved houses with a red marker. These should be people that you know and trust. Give them a time of when to return home and have a "no room for discussion" rule.

**Use face paint instead of masks.** Face paint is now preferred by most safety agencies as the safest way to dress up the face for Halloween. Be sure the paint meets the Federal Standards of Cosmetics in order to prevent possible rashes or use a homemade recipe where you know which ingredients have been used. If you do go with a mask, be sure that the holes for the eyes, mouth and nose are open enough to avoid safety challenges in seeing, talking and breathing.

It's a special night so monitor your children closely by supervising the younger ones or as a sidewalk supervisor by "hanging out" with the older ones from a distance. Stay safe and have fun.

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.

# Halloween Word Search Contest

**Rules!!!** One word in the list is NOT in the word search.  
When you have completed the word search, one word will be left and that word you email to: Kay@schoolnewsrollcall.com (Please put NMUSD in subject line)

Entries must be received by October 25, 2013  
From the correct entries one name will be drawn to win  
a \$20 gift certificate redeemable at Barnes & Noble.

BLACK CAT	GHOST	SPIDER
CANDY	GHOUL	SWAMP CREATURE
CARVE	GRAVE	TRICK OR TREAT
CEMETERY	HAUNTED HOUSE	VAMPIRE
COSTUME	HALLOWEEN	WEB
DECORATIONS	JACK O LANTERN	WEREWOLF
FRANKENSTEIN	MUMMY	WITCH
FRIGHTFUL	SKELETON	ZOMBIE

Congratulations Bryan Garcia  
Winner of the September Word Search Contest!

N	I	E	T	S	N	E	K	N	A	R	F	D	E	N
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T	X	O	A	H	B	R	F	K	U	N	W	M	A	F
N	I	H	C	F	E	E	T	F	T	D	G	I	C	L
A	Z	D	K	L	W	V	N	R	S	Y	A	T	E	E
L	D	E	C	O	R	A	T	I	O	N	S	Q	M	S
O	I	T	A	W	E	R	A	G	C	K	U	I	E	K
K	K	N	L	E	D	G	L	H	Y	Y	C	D	T	E
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A	Y	A	I	E	P	V	L	F	K	M	C	I	R	E
J	J	H	J	W	S	D	C	U	X	U	B	F	Y	T
H	C	T	I	W	K	Z	N	L	O	M	V	L	J	O
T	B	X	U	U	D	U	T	S	O	H	G	W	R	N
S	B	P	U	H	Q	T	N	Z	D	R	G	S	Q	D



## Remember When?

# A Season of Sports - It Must Be Fall



Charlene  
Ashendorf

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

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

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

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

And then there was the only true sport, the game of hockey. How lucky I was to be able to tag along with Dad and his band of brothers to the Chicago Stadium. This place was huge. (You know how sometimes your memory plays tricks on you and things aren't really as big as you remember?) Actually it was



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the largest indoor sporting arena in the world. And if you thought the organ at Wrigley Field was something...As I remember the story my Dad told, this organ was built in the late '20s in Wisconsin and was so big, it took 24 railroad cars to transport it to the stadium. When my dad said we were going to the "Madhouse on Madison Avenue" my face would light up like the stars in the heavens! The Blackhawks were known to have kept the fans on their feet with fights on the ice and in the stands.

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

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

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**SUPERINTENDENT • From Page 1**

Career Technical Certification programs. The CCSS curriculum is the district's guaranteed and viable curriculum and integrates the four C's (critical thinking, communication, collaboration, and creativity) of the 21st Century Skills.

- Students will be proficient in the use of technology.
- Student learning and athletic environments will be safe, attractive and state-of-the-art facilities.

The number of district-wide National Merit Scholars (NMS) will meet or exceed the national average in two years.

- School zones shall design a path for identifying NMS candidates from elementary school through twelfth grade.
- High achieving and academically promising students will be offered opportunities to challenge their abilities through academic augmentations embedded in the district's units of study.
- Counselors shall develop advisement programs for high achieving students and their parents that will help to support the above-stated goal.

NMUSD classrooms will offer the highest quality instruction through rigorous lesson plans based on effective lesson designs that integrate critical thinking, communication, collaboration, and creativity.

- Continue training in Rigorous Curriculum Design (RCD), SWUN Math, Teacher Excellence and Support System (TESS) and the National Science Standards (NSS).
- Support ongoing implementation of each instructional initiative by instituting a trainer-of-trainer model.
- Administrators will observe and support the lesson design implementation using Cognitive Coaching strategies to build administrator and teacher professional capacity.

**Behavior**

NMUSD schools will maintain high expectations for student behavior by holding all pupils accountable. Students will be taught to be responsible members of our school communities by providing them opportunities to learn from their errors in judgment and correct behavior.

- Provide Restorative Justice training to principals, assistant principals, teachers, and selected staff.
- Site administrators will monitor the implementation of the Restorative Justice processes and collect data to guide future professional staff development.

**Creativity & Innovation**

School zones will identify and refine at least two distinguished programs, one academic and one in the arts.

- Each of the school zones will identify and refine at least two distinguishing programs, one academic and one in the arts and present to the Board of Trustees in June 2014 for approval.
- High schools will be responsible for identifying capstone programs.



**Dr. Fred Navarro**  
Superintendent

**SUPERINTENDENT • From Page 1**

- El plan de estudio de los Estándares Estatales Básicos Comunes/CCSS del distrito N-MUSD será compatible con los requisitos "a-g" de los sistemas de las universidades UC/CSU y preparará a los estudiantes para su ingreso a universidades y programas de Certificación de Carreras Técnicas. El plan de estudio CCSS del distrito es garantizado y viable e integra las cuatro Cs (razonamiento crítico, comunicación, colaboración y creatividad) de las Habilidades del Siglo XXI.
- Los estudiantes serán competentes en el uso de la tecnología.
- El entorno de aprendizaje y de deportes de los estudiantes será seguro, atractivo y en instalaciones de vanguardia.

El número de National Merit Scholars (NMS), eruditos de mérito nacional, del distrito alcanzará o sobrepasará el promedio nacional en dos años.

- Las zonas escolares diseñarán una trayectoria para identificar a candidatos NMS de la primaria al grado doce.
- A los estudiantes con alto desempeño y promesa académica se les ofrecerán oportunidades para estimular sus habilidades por medio de aumento académico integrado en las unidades de estudio del distrito.
- Los consejeros académicos desarrollarán programas de orientación para los estudiantes de alto desempeño y para sus padres con el fin de ayudarlos a apoyar la meta arriba mencionada.

Los salones de NMUSD ofrecerán instrucción de la más alta calidad a través de rigurosos planes de lecciones basadas en el efectivo diseño de lecciones que integran el razonamiento crítico, la comunicación, la colaboración y la creatividad.

- Continuar las capacitaciones el Diseño Riguroso de Plan de Estudio (RCD, por sus siglas en inglés), Matemáticas Swun, Excelencia de Maestros y Sistema Apoyo (TESS, por sus siglas en inglés) y los Estándares Nacionales de Ciencias (NSS, por sus siglas en inglés).
- Apoyo continuo de la implementación de cada iniciativa de instrucción instituyendo el modelo capacitador de capacitadores.
- Los administradores observarán y apoyarán la implementación del diseño de lecciones utilizando las estrategias de capacitación de conocimientos Cognitive Coaching para crear capacidad profesional administrativa y docente.

**Conducta'**

Las escuelas del distrito NMUSD mantendrán altas expectativas y responsabilizarán a todos los alumnos por su conducta. Se enseñará a los estudiantes a ser miembros responsables de nuestras comunidades escolares proporcionándoles oportunidades para aprender de sus errores de juicio y corregir su conducta.

- Proporcionar capacitación en Justicia Restaurativa a los directores, subdirectores, maestros y al personal seleccionado.
- Los administradores de escuelas supervisarán la implementación de los procesos de Justicia restaurativa y recopilarán datos para guiar la futura capacitación de personal.

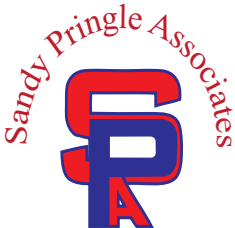
**Creatividad e Innovación**

Las zonas escolares identificarán y refinarán por lo menos dos programas distintivos, uno académico y otro en las artes.

- Cada una de las zonas escolares identificará y refinará por lo menos dos programas distintivos, uno académico y otro en las artes, y los presentarán para aprobación de la Mesa Directiva en junio de 2014.
- Se le dará la responsabilidad de la identificación de los programas distintivos a las preparatorias.

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