

FREE

School News

Education + Communication = A Better Nation

Covering the Newport-Mesa Unified School District



Volume 11, Issue 63

April / May 2015

Jensen Coop #13 and Kennedy Mulvaney #26 Made the OC US Lacrosse National Team!




Please see page 27.

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SUPERINTENDENT



Dr. Fred Navarro

Over Memorial Day weekend 2015, singers from the CMHS Vocal Ensemble and Madrigal Choir are flying to New York City, where they will be joining singers from across the country to rehearse and perform with the well-known choral music composer, arranger, and conductor, John Rutter, in a concert of Rutter's own music that will be performed in Carnegie Hall on Memorial Day. They will depart on Friday, May 22 and return on Tuesday, May 26. They will have several hours of rehearsal each day, and when they are not rehearsing they will be sightseeing and attending Broadway shows.



John Rutter is an English composer, arranger, and conductor who has published hundreds of pieces that are performed regularly by choirs around the world. He was commissioned to compose a piece that was performed during the celebration of Queen Elizabeth's Golden Jubilee in 2002 and commissioned to write an anthem for the wedding of Prince William and Catherine Middleton

in 2011 which was performed at Westminster Abbey during the service. It will be exciting for our singers to have the opportunity to study and learn from this world-renown musician.

Start Spreadin' the Food!

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- Sponsor a group lunch: For our lunches we are going cheap, aiming for a maximum of \$10 a student.
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- Sponsor a group breakfast: Breakfast is a little more— \$15 a person.
- For \$330 you can sponsor one breakfast for all of the students on one day.
- Sponsor a group dinner: Dinners are pricey in NYC— \$40 a person. For \$800 you can sponsor one dinner for all of the students on one day.

BOARD OF EDUCATION



Martha Fluor
President

On Tuesday, March 24, 2015, the Newport Mesa Unified School District Board of Education approved an agreement with Blackboard to enhance our home to school communication systems.

Effective, timely communication with parents, staff, students and the community is a high priority for NMUSD. The ability to engage with all stakeholders is extremely important. There is also a requirement as part of the Local Control Accountability Plan (LCAP) to increase parent involvement. We believe it is critical to improve our communication with all stakeholders using methods they prefer including: all calls, text messages, emails, and other social media options. Blackboard is a mass notification system that provides a powerful communication platform with a full range of options to meet the changing needs of our District. Blackboard provides an easy-to-use tool that gets information to parents, staff, students, and the community when needed for emergencies, custom messages, language translation, and surveys.

Blackboard will provide NMUSD a modern, well integrated parent, staff, student and community communication suite that includes a district/school-to-home telephone notification system, a smartphone mobile app, and social media connections. The smartphone app (Apple, Android) will deliver district/school news, notices, general and emergency, events, and attendance information in a district-wide consistent fashion, and allow parents to view assignments, grades and other performance data. This product will replace our current district/school-to-home telephone notification system. Development of the app will begin immediately and transition to the app and new all call system will take effect over the summer. We believe it will serve NMUSD well as we continue to navigate the world of digital teaching and learning and it offers us a great opportunity to expand our customizable communication capabilities.

Blackboard is a mass notification system that provides a powerful communication platform with a full range of options to meet the changing needs of our District.

Board of Education



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Newport Beach Fire Department



Scott Poster
Fire Chief

Practice Bike Safety

Spring is in the air and the Easter Bunny has been busy. As Spring comes, your parents are probably cleaning the house and planting in the garden. It is a good time to check your bicycles, inflate your tires and oil the chain. It is important to have a dependable bike that is safe.

In Newport Beach you can obtain a bicycle license from the fire station. Take the time take your bike to a fire station and get a license. It's that easy.

Most importantly, protect between your ears! Yes, make sure you have a good bicycle helmet that fits! I know it is cool to ride without a helmet, don't do it. No one gets on a bike planning to get hit by a car or fall to the ground. I can't tell you how many people wish they had a helmet after the fact. You only have one head and one face, protect them. There are some pretty cool helmets out there, make sure you have one on your head every time you are riding on a bike.

Make sure you have a good bicycle helmet that fits!

I know it is cool to ride without a helmet, don't do it.

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Kay Coop
Founder/Publisher

The only constant is change and in this technological world we live in change is a daily occurrence. In this issue the Board of Education's article about the Blackboard for communication is an example of change. Funny how terminology changes over the years. When you mention "used cars" to older people like myself, we think of cars that were not new. The new generation only knows them as "previously owned." There are many examples, but a Blackboard to me was a means of using chalk on a slate board to communicate with students...now it means a "home to school means of communication."

As this school year winds down, students are focused on testing, college choices and completing their academic goals. What an exciting time to be a student!

As always thank you for including *School News* among your reading choices either on our web site, eSubscribing or hardcopy actually in your hand as you turn the pages.

Our next issue is June 3rd.

School News

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covering the

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Fountain Valley Regional Hospital and Medical Center

When Your Child Has Diabetes



Laura Garcia
MSN, BSN, RN,
PHN, CVN, CDE,
CPT

*Diabetes Program
Coordinator*

Type 1 diabetes is a condition in which the pancreas no longer produces insulin and commonly diagnosed in school-aged children. A growing number of children also are developing type 2 diabetes that either causes the body to become resistant to insulin or the pancreas does not produce enough insulin.

The exact cause of diabetes is not known. Risk factors include a family history of type 1 diabetes and the presence of certain genes. If not well controlled, it can cause disabling or life-threatening complications, such as heart and blood vessel disease, skin problems, osteoporosis, and damage to the nerves, kidneys, eyes and feet.

Warning signs tend to develop quickly, often over a period of only a few weeks. Parents should talk with their child's pediatrician if they notice these symptoms:

- Increased thirst
- Frequent urination
- Extreme hunger
- Sudden weight loss
- Changes in vision
- Fatigue or lethargy
- Irritability

The primary test to diagnose diabetes is the random blood sugar test. Test results of 200 mg/dL or higher confirms a diagnosis of diabetes. An A1C test also can be done to show an average blood sugar level over a two to three month period. An A1C level of 6.5 percent or higher on two different tests indicates diabetes.

Diabetes cannot be cured and requires lifelong blood sugar monitoring, insulin, healthy eating and regular exercise. If a child experiences symptoms of low blood sugar, such as sweating, shakiness, dizziness, nausea or headaches, he or she should be given fruit juice, hard candy, or other source of sugar. For more information talk with your child's doctor or visit the Juvenile Diabetes Research Foundation website at www.jdrf.org.

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School Health Services

Gardens, Health, and Learning



Merry Grasska
RN, MPH,
FNP-C
Coordinator

The Newport Mesa Unified School District is fortunate to have talented school nurses who are committed to student health and learning.

Nurse Laura Garcia-Chandler has been working closely with our students and faculty to help revive the school garden. There are many benefits to this. Gardening activities can engage students in learning experiences that are different from those in the typical classroom.

Gardening also presents surprises. Science and health can be taught in an experiential way. Gardening can also help students

recognize the need for flexibility, or allow for factors that cannot be controlled, such as weather and insects. Students also benefit from language acquisition and physical activity. They even develop a sense of pride for their contributions, especially when they can see the results of their work.

Nurse Laura also helps the students develop a heightened awareness about healthy food choices. As the children grow fruits and vegetables they also get a chance to taste them. This presents an opportunity for them to change attitudes and influence healthy choices.

Nurse Laura and our students eagerly anticipate a rich harvest in May.

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Adams *Elementary (K-6)*

All-Star Students Recognized



Gabriel DelReal
Principal

Adams Elementary School's multi-purpose room was the site of an annual celebration recently. On Wednesday, January 28th, at 6:00 P.M., forty-eight outstanding students, from pre-school to sixth grade, received the prestigious Adams All-Star Award. Adams' Principal, Mr. Del Real, shared comments that were written by each teacher as the proud students smiled at the excited crowd of family members.

The comments shared about each child echoed of role model behavior: citizenship, responsibility, trustworthiness, fairness, and respect. Adams Elementary School has two rules. Each one of the Adams All-Star Students are wonderful examples of both rules. Rule One: Be kind, and Rule Two: Work hard. Congratulations to each and every Adams All-Star Student! Keep up the good work!

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



Mr. Del Real, Principal, on stage with several Adams All-Star Students.

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

Positive Behavior



Dr. Shannon Bray
Principal

The Andersen Elementary School staff continually works to improve student learning and safety. We have been selected to participate in Positive Behavioral Interventions and Supports (PBIS), a research-based program that clearly defines positive behavior expectations with an emphasis on catching students doing the right thing. One of the many ways students

are recognized for appropriate behavior is with Pledge to be responsible, Respectful individuals of Integrity, Demonstrating readiness Every day (PRIDE) awards.

One of the positive outcomes has been the improvement in attendance. Students are recognized each month for perfect attendance with a rubber wristband and an activity with the principal. This month, students were invited into the principal's theatre to watch a movie and have popcorn.

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



California *Elementary (K-6)*

101 Dalmatians



Matthew Broesamle
Principal

Our JV Show Choir, which consists entirely of 1st and 2nd grade students, put on an amazing performance of 101 Dalmatians. The students put in long hours of practice each week for 16 weeks to perfect their lines and songs. Led by our music director Mr. St. Royal, the JV Show Choir performed before families, friends, and community members for three consecutive nights.



Lily as Cruella de Vil, with her henchman Bryce and Ethan.

We are proud to be able to offer opportunities to all of our students to explore education through performing arts. All students in grades 1st-6th are able to participate in Show Choir, and students in grades 4th-6th can play in one of our two bands, beginning and advanced. In total, we have over 150 students participating in performing arts this year.

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

College Park *Elementary (K-6)*

Outdoor Science



Julie McCormick
Principal

College Park 6th graders recently returned from Irvine Ranch Outdoor Ed. Center's Science Camp. Students participated in a variety of activities, from touring an old Orange County mine, ziplining, learning about constellations at night, and how to make compost. This annual event is very rewarding and enjoyable for our 6th grade students.



We are excited about the opening of the District's first Mandarin Immersion kindergarten class at College Park this coming September. Being bilingual (or multilingual) is going to be essential for all of our students as they grow up and work and live in a much more globalized society. This will be the third Mandarin Immersion program in a public elementary school in the County. Kindergarten students are continuing the tradition of dressing up for the annual Chinese New Year parade. They paraded around the blacktop for the whole school to watch, and the dragons were the most fun to see.

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

Back Bay/Monte Vista *High School*

An Alternative Education



Debbie Lucker-Davis
Principal

High school students beware! To graduate from the Newport Mesa School District you must pass all graduation requirements and retake any classes that you fail.

Students who fail classes during any of their high school years have to re-take them to meet graduation requirements. Some students attend summer school, adult education, or ROP to make up these credits. Many students at the alternative education campus also take classes through Monte Vista, the independent study

high school that's located on our campus. Students from the comprehensive high schools can also apply and complete two concurrent courses during their senior year at Monte Vista.

For students who work full time, have athletic competitions during the day, or have extensive health problems and other extenuating circumstances, Monte Vista Independent Study High school can be the answer to an already overburdened schedule. Monte Vista students attend class weekly for two hours and complete all class work during the week while at home or traveling.

All graduation requirements must be met by these students. Many independent high school students even start college before their high school graduation.

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

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

Talent Showcase



Dr. Rebecca Gogel
Principal
7-8 Grade



Kathy Scott
Principal
9-12 Grade

Corona del Mar High School proudly celebrated the grand opening of the Sea Kings Theater on March 9, 2015. This state-of-the-art theater was unveiled after the ribbon-cutting ceremony, which included remarks from Superintendent Dr. Navarro, Board Member Karen Yelsey, middle school principal Dr.

Gogel, and high school principal Mrs. Scott. Guests included district and city officials, Board members, representatives of the architectural firm, and school community members.

The opening celebrated Corona del Mar zone-wide talent by showcasing vocal and instrumental performances from elementary school students and high school performances from the drum line, Madrigals, the cast of the upcoming "Seussical," and the Orchesis Dance Company. The event was successfully planned by Laura Boss, Matthew Jennings, Scott Fitzpatrick, and Andy Ball. The theater houses a traditional theater, a black-box theater, and four classrooms, all of which will help support the Performing Arts Academy, which is part of the new district-wide Signature Academy initiative.

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

Davis *Magnet (K-6)*

President Lincoln Visits



Christy Flores
Principal

On February 11, Davis Magnet School was honored by an unannounced visit from the 16th President of the United States of America. President Abraham Lincoln arrived early in the morning at flag deck and was greeted by cheers and looks of amazement as he addressed our students, staff, and parents.

"He looked a lot like President Lincoln," sixth-grade student John Casey said. "He

looked so very tall. Students in his class also agreed that he looked so cool and amazing."

After the flag deck presentation, President Lincoln strolled into the multipurpose room, where he spoke with all kindergarten through third-grade classrooms. All the students thoroughly enjoyed the words of wisdom from President Lincoln.



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

Costa Mesa *High School (7-12)*

A Connection to the World



Guy Olguin
Principal
7-8 Grade



Jacob Haley
Principal
9-12 Grade

For the past two years, the advanced art students at Costa Mesa High School have been a part of "The Memory Project." This is a program that uses art to connect students with children from around the world.

"The impact it has made on my students has been beautiful to watch," said art teacher

Keli Marchbank. In one current project, the students receive pictures of children who live in foreign orphanages. They draw or paint portraits of these children, and then take a photo with the completed artwork of "their" child. After spending so much time looking into their eyes to get that "lifelike" feeling, our students feel like they know their subjects!

After we mail the portraits out we then get a return photo of the child holding it. Our students love to see these photos! It completes the circle when they see the smiles on their children's face; one that begins in India with an orphan that they don't know, but connects to a high school art student in Costa Mesa!

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

Early College *High School (9-12)*

Holocaust Survivors



Kathy Slawson
Principal

Chapman University held its 16th Annual Holocaust Art and Writing Contest on March 6th. Laura MacKenzie, Kenneth Brooks, Diana Goodling, and Erik Patino listened to various first person accounts written by Jews who faced persecution during WWII.

After choosing a testimony that they found most powerful, each student wrote a response to Chapman's prompt: Which memory within the testimony "speaks" to you? Laura, Erik, and Ken all wrote an original poem, while Diana created an inventive piece of artwork. Their peers and teacher chose their work as the best submissions

for the contest. Students spoke with several Holocaust survivors, and they also received a book that presents a detailed history of WWII. It was a truly a day to remember.



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

Eastbluff *Elementary (K-6)*

Reading Celebrations



Cheryl Beck
Principal

At the beginning of March we held a traditional literacy celebration with our annual Read Across America Day. The event focused on reading, but we also featured a special tribute to famous author Dr. Seuss.

The day began with our regular Friday Flag Deck celebration, which this time had a special guest reader – the Cat in the Hat, who read one of his favorite poems to the students!



Cat in the Hat bookmarks were also distributed throughout the day to each student as they participated in special reading activities. A Cat in the Hat poem was even shared over the sound system! It was written to give clues as to where the Cat in the Hat was hiding on our campus.

The classrooms listened carefully to this poetic reading in order to determine the exact location of the Cat in the Hat. What a fantastic reading celebration we had!

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

Estancia *High School*

Project Lead the Way



Kirk Bauermeister
Principal

NMUSD's first Project Lead the Way (PLTW) class began at Estancia High School last September to an excited class of freshmen. In the Introduction to Engineering Design (IED) class, students have explored fields of engineering, the design process, technical sketching, measurement, unit conversion, dimensioning, and statistics through hands-on activities. Future projects will include reverse engineering, tolerances, sectional view sketching, and computer aided



Students doing the Glass Box activity.

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

design, modeling, and assembly. In September 2015, students will start the second course in their 4-year engineering pathway, Principles of Engineering (POE), where they will apply physics and engineering concepts to the design and construction of VEX robots.

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Crystal Olson '11, M.A.Ed. '12
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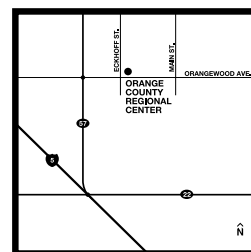
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Horace Ensign *Intermediate (7-8)*

Ensign's Music Program



Dr. Gloria Duncan
Principal

By Sarah Grenier

In February, Ensign musicians had the opportunity to participate in Newport Mesa's first ever Solo and Ensemble Festival at Vanguard University. Every student in concert band and orchestra prepared a piece of music as duet, trio or small group. Each group performed for the class and the top three groups were invited to the festival. These students then polished

their music and performed for Vanguard professors who served as judges. One of Ensign's ensembles, the advanced violinists, received the highest rating of Superior for their performance of the fiddle tune Saint Anne's Reel. They were able to perform for all the other students in the recital that concluded the festival. This was a great experience for all who participated.

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



Elizabeth Peters, Karoline Shannon, John Drake, Parker Balt, Lilly McCarthy, Cassie MacDonnell and Tiffany Beauregard performed in the district's first ever solo and ensemble festival.

Abraham Lincoln *Elementary (K-6)*

Math Academy



Carrie Gammel
Principal

At Lincoln Elementary high-achieving, motivated students who dream of becoming video game designers, robotic engineers, roller coaster designers or even sports announcers and animators join Math Academy, an after school enrichment program that increases their exposure to mathematics, critical thinking and complex problem solving. The Math Academy program

designer and teacher, Jan Stark, promotes students' passion in math and science by engaging students in real-life math scenarios and hands on engineering projects. Lincoln students are coached by mentors from CDM High School to be architects who design their own zoo, detectives who solve CSI crimes using algebra, build the largest Sierpinski triangle they can using pennies, and use CEO skills to manage all the financials for their pizza restaurant.

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



Harbor View *Elementary (K-6)*

Doing for Others



Dr. Todd Schmidt
Principal

Character ed and community service are two key components of the educational mission of Harbor View.

Over the last few years, Harbor View has partnered with Team Kids, a nonprofit that teaches the value and importance of community service. Each year, student organize various drives to help out local charities, with the culminating activity being a student-run carnival where the proceeds benefit a student-chosen charity.

This year, the students at Harbor View chose to donate to Special Olympics. With the World Games coming to Los Angeles this summer, it was an ideal opportunity to work with this amazing event! As part of our program, we invited Joseph Gorin, a Special Olympics athlete, to come speak to the students! It made a real-world connection to the students and inspired them to work hard for athletes like Joseph!

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

Heinz Kaiser *Elementary (3-6)*

Future Engineers at Kaiser



Dr. Deborah Granger
Principal

Vroom! Ahhh! Ohhh! Cool! Watch mine go! That's what engineering sounds like at Kaiser where third graders recently conducted a final test of the wind-powered racecars they built while learning the engineering design process. While our future engineers experimented with design elements for maximum speed, they added aesthetic components including artistically inspired, kitten-shaped wind sails and car parts wrapped with decorative tape.

Science and engineering specialist, Lysanne Sebastian, joined the Kaiser staff this year to provide cutting-edge engineering instruction to all students. In their hands-on workshops, students began with a "problem" and tested



Future Engineers at work

various solutions while having a grand time! The Kaiser-Woodland Schools Foundation (KWSF) made this exceptional opportunity possible. Now, we're on to fourth grade and their engineering projects!

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

Killybrooke *Elementary (K-6)*

Students Serve Our Community



Dr. Lorie Hoggard
Principal

Killybrooke students launched into action to support our community in February. Fifty upper grade students took the lead to engage our entire school in weekly challenges to help address critical needs in our community. The project was launched with an assembly led by the Team Kids Challenge staff and local police officers and fire fighters. The students leaders generated schoolwide support each week to support the week's charity. The first

week, students donated more than two bins of canned food for the Share Our Selves (SOS) food bank. The second week, students donated more than two bins of gently used towels and blankets for the Animal Assistance League, caring for homeless animals. The third week, students took the challenge to write letters to our troops through Operation Gratitude. We were able to generate more than 300 letters. During the fourth week of the challenge, the student leaders held a carnival to raise funds for local non-profit agency, Olive Crest. By taking the challenge, Killybrooke students learned about service, leadership, teamwork, and philanthropy.

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

Mariners *Elementary (K-6)*

Inspiration with Impact



Pam Coughlin
Principal

In March, motivational speaker Brent Poppen came to Mariners School. He spoke with students about the sports accident he had when he was 16 that left him paralyzed for life. Mr. Poppen became a quadriplegic, losing complete use of his legs, with some paralysis in his upper extremities.

His spinal-cord injury did not paralyze his athletic dreams because he has become one of the top disabled athletes in the world. Mr. Poppen competed in two consecutive Paralympics, Athens 2004 and Beijing 2008, in wheelchair rugby and tennis. He earned a bronze medal in wheelchair rugby and has received numerous gold medals and world titles in both sports.

Mr. Poppen spoke to students about his experience and the many emotional issues that he had as a quadriplegic and still deals with on a daily basis. His message was that through hard work, enthusiasm and self-control, you can do and be anything you want. He was very inspirational and gave students a lot to think about in their own lives.

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

Newport Coast *Elementary (K-6)*

Language Learners



Dr. Duane Cox
Principal

Newport Coast Elementary School (NCE) is working to prepare students for Corona Del Mar High School's Academy of Global Studies. This highly academic program places emphasis on foreign language, with the goal of students becoming fluent in at least one foreign language upon graduation. Newport Coast strives to prepare students for this elite program through a focus on Spanish and Mandarin.

In an effort to introduce foreign language at NCE, we've implemented a number of new programs. Our-third grade students learn Mandarin in our computer lab, as the Mandarin teacher is "beamed" in through a Web-based program. This real-time format allows students and staff to interact with their teacher, who instructs from Maryland. Our kindergarteners are learning Spanish through the instruction of one of our teachers, and we have a new afterschool Spanish class that children of all grade levels may attend.

Newport Coast recognizes the value of all students learning languages and how this may provide future advantages and open doors for students to participate in the Academy of Global Studies.

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

Newport Heights *Elementary (K-6)*

Got Kindness, Pass it on!



Kathleen Jaquin
Principal

Newport Heights are Ambassadors of Kindness and participated in the Great Kindness challenge during the month of January. Teachers and students will be participating in a variety of activities throughout the month that highlight kindness. Some of these activities include: reading and writing about kindness, making kindness quilts, writing about Random Acts of Kindness on teachers' blogs, and created a kindness wall in our multi-purpose room. Each day students were encouraged to practice Random Acts



of Kindness like finding a chance to help a classmate or teacher, visit a former teacher to say "hello", or simply just give a classmate a compliment. It was a great event to kick start the new year.

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

Newport *Elementary (K-6)*

Technology in the Class



Rich Rodriguez
Principal

Students have been using the power of technology. The second graders recently completed their "Making a Difference" unit of study, which focused on informational texts using biographies. The students chose a different person who had made a difference in our world, from Betsy Ross

to Neil Armstrong. But what excited them most was to use the class' brand new iPad tablets to research information! The students were thrilled to put their technology skills to use and learn new and interesting facts. This resulted in a fun presentation, which included biography bottles of their person and informational lapbooks!

Students were thrilled to learn about other interesting people and even make connections to their own person of study.

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



Mrs. Clarke's second graders working on their projects.



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Orthodontic Specialist
UCLA Faculty & Lecturer



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Newport Harbor *High School (9-12)*

Helping Out



Sean Boulton
Principal

The Newport Harbor High School surf team recently visited Nicaragua to surf some of the finest waves on the planet. But their trip also served as a lesson about what it truly means to be a global citizen.

Our 13 students and four coaches not only packed what they needed for an unforgettable trip abroad, they also took water filters to help provide fresh and drinkable water to Nicaraguans who lack access to clean water.



The surf team had taken water filtration systems on their trips before, but this year they also took them to help desperate citizens in need of clean water. Our students

walked away with a sense of purpose and place, and some perspective on the world outside of Newport-Mesa!

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

Paularino *Elementary (K-6)*

LEAP Into the World of Science



Dr. Amy Nagy
Principal

Fifth grade students at Paularino had the opportunity to LEAP into the world of science by participating in a fascinating hands-on dissection of frogs! One of the most important aspects of science learning is the hands-on labs. Working in pairs, students were able to get a better grasp and understanding of the human body systems. Frogs have an anatomy similar to humans. Teachers, Miss Bradbury and Mrs. Roberts,

may have inspired future physicians, veterinarians, surgeons or other medical and science related careers! Activities like these are also encouraging students to enroll in Costa Mesa's DELTA Signature Academy.

For more information visit <http://web.nmusd.us>. Funding for this exciting STEM activity was provided with



Alejandra Jaramillo, fifth grade student.

a Newport Mesa Schools Foundation Teacher Mini Grant.
1060 Paularino Ave., Costa Mesa, CA 92626 • 714/424-7950
<http://paularino.nmusd.us>

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

Priceless Physical Education



Dr. Kalim Rayburn
Principal

Rea 3rd and 4th grade teacher and students, in collaboration with Head Coach Mike Bargas and the Estancia High School Men's football team, are learning about football, fundamental skills, rules, safety and teamwork. In small groups of students and football players, every other Tuesday afternoon, the Estancia players provide our students with a high quality experience that captivates

student attention tapping into their potential to become respectable student-athletes like their football team mentors. The football team composed of a diverse array of 9th -12th graders, including Rea alumni, keeps our students captivated with a priceless physical education experience that has left an ever lasting impression. Thank you Estancia High for shaping up our student-athletes to be Estancia Eagles.

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



Pomona *Elementary (K-6)*

Padres en acción



Megan Elsten Brown
Principal

In March, there was lots of talk at Pomona about fitness—acting, eating and thinking right. Students, parents and staff competed in the Spirit Run, and the garden team planted spring vegetables in our organic teaching garden.

To take physical fitness to the next level, Pomona parents have joined with Kid Healthy to coordinate and staff an organized recess activity program. At the first class, 30


parents learned the importance of physical activity during the school day and concrete ways to get children involved and moving during recess.

At the end of the six-week series, Pomona will have 30 certified playground


leaders. Pomona's playground will be full of active, engaged children who understand the importance of physical activity and enjoy it, too!

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





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Sonora *Elementary (K-6)*

Cinco de Mayo Family Festival



Christine Anderson
Principal

Coming up on May 2nd, 2015 Sonora Elementary School will be hosting their 17th Annual Cinco de Mayo Festival from 12:00 p.m. to 4:00 p.m. Come out and celebrate the uniquely diverse culture of Southern California with friends, family, and neighbors – Admission is Free!

Festivities include: An array of authentic Mexican food, a Shaved Ice stand, cotton candy, and other delicious treats. There are also exciting raffles, fun Carnival-Style games with great prizes for the kids, the highly anticipated Silent Auction for the adults, and more!

Don't miss this annual community celebration! – Join us for a day of family fun for everyone while helping to support Sonora School! All proceeds will go towards enhancing the education of Sonora Students through vital Reading, Math, and Arts programs.

If you have any Questions or would like to make a Donation to the Festival, Please contact: Suzette Mascarenas at suzettemascarenas@gmail.com.

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

Victoria *Elementary (K-6)*

California Missions



Dr. Aaron Peralta
Principal

The 4th grade students at Victoria Elementary have been learning about the California Missions. In January, we kicked off our unit with a visit to the beautiful Mission San Juan Capistrano. Students learned about the history of the 21 missions, and the effect the missions had on the development of our state. They also learned about how the mission system worked, and the famous El Camino Real. To celebrate the end of the unit each student chose one of the 21 missions to explore in depth, and created an artistic element to showcase that knowledge. The 4th graders presented their work at the Mission-Walk-Thru in March. We are so proud of the hardwork and creativity that our students displayed at this special event.



Malani Ortua.

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

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

21st-Century Skills



Kira Hurst
Principal

Terry Kling has transformed the traditional librarian role at TeWinkle. Besides making sure students have access to the most sought-after fiction collection, she is available to assist the publications and robotics classrooms with her expertise in broadcast production, STEM projects and coding.

Mrs. Kling also offers standards-based literacy lessons covering research skills, digital footprint and online citizenship. She has extended library hours to support the eighth-grade modern slavery project and provides one-on-one tutorials to help students complete their research and presentations.



The library is the campus hub. Students love watching showcased TeWinkle events on the library's SmartTV display. Mrs. Kling highlights school videos and book trailers, and presents exciting digital-literacy lessons. She has certainly transformed the media center into a 21st century model.

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

Whittier *Elementary (K-6)*

Teacher of the Year



Scott Wilcox
Principal

We can all think of hardworking, dedicated teachers. Once in a while, there is one who stands out, even among the best. Whittier Elementary School kindergarten teacher Sarah Cook is a perfect example. Mrs. Cook's dedication to her students, parents, and staff is evident to all who know her.

Her students know her as a kind, empathetic, intelligent, teacher. Her years of experience and background in psychology allow her to lead even the most mundane staff meetings with a sense of wellbeing for all. Parents have the added delight of joining her Partners in Print class and are now armed with literary support skills that can be used at home.

For these and many other reasons, Mrs. Cook was honored as our Whittier School Teacher of the Year and will represent Newport-Mesa Unified School District as the Elementary Teacher of the Year. Thank you, Sarah Cook, for being such a vital and supportive member of our Whittier family!

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

Wilson *Elementary (K-6)*

Great Job, Math-letes!



Dr. Julie Perron
Principal

Wilson Elementary School's Math-letes have begun to participate in math competitions. These fifth-grade students practice during lunch recess. Each month, they compete against students from various elementary schools in the Estancia zone at TeWinkle Middle School. We are fortunate this year to have bus transportation for our students.



Led by fifth-grade teacher Sara Degrave, this group is developing a strong sense of confidence regarding math. At each Wildcat Rally, Math-letes show a their contagious school spirit. We are hoping to continue Wilson Math-letes next year, expanding to fourth and sixth grades as well. Parents are invited to attend our monthly competitions. We look forward to many more years of "math-letics."

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

District Transportation

In Full Motion



Pete Meslin
Director

Spring in the Transportation Department means more than just end-of-the-year activities. As flowers are blooming and things are winding down at school sites, they're ramping up in our department. Of course, there's the usual flurry of field trips to support spring sports, but there are also field trips to support end-of-year academic activities plus graduation events. We are also completing preparations for making the

Transportation Department a fieldtrip destination. Please get your summer field trip requests in early.

In the training area, we are just completing a renewal class in preparation for drivers to complete their five-year recertification. As soon as we finish that class, we will be starting a class for new drivers. Have you always wanted to be a school-bus driver or do you know someone with that ambition? Please check the district's Web site to apply.

Other activities which are in full motion include vehicle inspections for more than 200 vehicles, 2015–2016 bus-pass preparation, and summer routing for both Special Education and the Summer Reading Academy.

Regardless of your year-end activities, have a great spring.

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

Woodland *Elementary (K-2)*

Welcome Mrs. Sebastian



Lauren Medve
Principal

The Kaiser Woodland Schools Foundation is thrilled to introduce Lysanne Sebastian to the Kaiser-Woodland community! With the Foundation's funding, Mrs. Sebastian is teaching science on both campuses to meet the unique needs of both schools.

At Woodland, Mrs. Sebastian is teaching core science curriculum to all 1st and 2nd graders in Woodland's science lab.



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

Woodland is proud to provide lab-based instruction to our first and second graders. Thank you, Foundation, for supporting Woodland's ongoing tradition of science excellence.

Nutrition Services

Inspiring Mom!



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

By Tamar Regrev, Dietetic Intern

Have you ever had trouble getting your child to eat vegetables?

You are not by yourself. Maria Merono, the mother of a third-grader, had the very same problem. She recently attended a nutrition class offered through Sonora Elementary School. Maria learned about the amazing health benefits associated with eating fresh produce every day. After the class, she felt determined to increase the vegetable intake in her household.

Remembering a technique from class, Maria brought her "difficult vegetable eater" to the store to let her pick a favorite from a variety of vegetables. At home, she encouraged her daughter to taste the vegetable, and she liked it. The next time they shopped, her daughter chose a different vegetable. Now, they regularly buy vegetables like sweet peas, carrots, spinach, lettuce, potatoes, celery, corn and jicama.

Today, Maria lets her daughter decide which fruits and vegetables to buy, and these are a regular part of their diet. Even snacks have changed! Chilled carrot sticks are a favorite—and the number is growing.

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



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Orange County Department of Education

New Web-Based State Assessments



Dr. Al Mijares
Superintendent

Next-generation assessments are coming soon to a classroom near you.

Over the last few years, California has introduced new instructional standards emphasizing critical thinking, problem-solving and analytical writing in addition to subject knowledge. And with those new standards comes the need for fresh assessments to determine what students know, how well they're learning and what

supports they'll need to succeed in college and beyond.

Modernized exams created by the Smarter Balanced Assessment Consortium were designed to do just that, and this spring they will replace some of the older paper-based, multiple-choice tests that have reigned the world of public school accountability for decades. The new assessments will be taken online in grades 3 through 8 and 11, measuring student knowledge of English and math standards. And they'll use adaptive technologies that offer a customized experience for test-takers while providing precise data to indicate which skills and content areas have been mastered.

See **OC DEPT OF ED.** • Page 25



PSF 2015 SUMMER PROGRAMS

summer Enrichment Academy

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Positive Parenting



**Sandy Spurgeon
McDaniel**

Gearing Up for Summer

For some parents, the arrival of summer means less stress because the school schedule is not a part of the daily routine. For other parents, having the children home all day every day is stressful. Whichever arena you are in, the reality of life is that summer vacation is almost here for the traditional schools.

Children may get more wound up, more disagreeable, more difficult to manage as the start of summer gets closer. Change is stressful, even if it is for the better. The break in routine is stressful for children and adults. It is advisable to keep your discipline strong so that you glide into summer with boundaries in place. Consistent boundaries will also help your child to contain his or her behavior and to feel safe.

My discipline system is mentioned on parentingSOS.com and my book, *Don't Feed the Dragon*, is a discipline manual divided into three sections:

(1) what parents need to understand about children in order to successfully guide them; (2) my discipline system, and (3) answers to 130 of the top concerns of parents, listed in alphabetical order. The book is age-appropriate from tots through the teens and is available on parentingSOS.com.

Having your discipline system in place, it is wise to sit down as a family and make a list of things that can be done during free time. The list may be posted in a place where children can use it as a reference. To quell the endless, "I'm bored" message that children who are not used to having non-structured time often begin chanting when school ends, offer two choices: "You may refer to the chart that we created or I will choose a chore off the chores chart that will help you dispel boredom." This plan might allow you to have your whole house cleaned in the first week of summer!

Summer is a wonderful time to train your darling children to do chores. Finally, they have time—the constant excuse during school months! Children will leave home some day—I promise!—and when they do, they need to know how to take care of a house and themselves. Chores teach a child that a house does not clean itself and how to do fundamental tasks, such as clean a toilet. If you have a housekeeper, create a space each week that the children are responsible for in terms of upkeep and give the tidiness angel one less area to clean.

It is important that children are not in so many activities that their lives become stressful. Children need time to be children! If you want your child to be successful in school, have at least a half hour a day that is devoted to school skills. If each child took a 30-minute "chill break" and read for that amount of time, their future teachers would be ecstatic! Every child needs quiet time each day that does not involve any media or mechanical gadgets, including during the summer.

Most important of all, enjoy your children! There will

Remember When?



**Charlene
Ashendorf**

Putting On Our Sunday Best

I have fond memories of dressing up, do you? I remember being told to "put on my Sunday best" for church. When we went to visit my grandparents or "the relatives" I was asked to wear something nice for the occasion. And, although I was a tomboy (a phrase so outdated that it went out with my scuffed saddle shoes), there were numerous reasons to dress up.

Nice clothes were a sign of the importance of the outing. The "dress" demonstrated respect for those for whom you were visiting. But subliminally, the outcome of the attire was a direct reflection on one's behavior (and father always knew best).

Recalling my first airplane trip as a very special occasion, my mother and I wore gloves and daddy donned a hat. Flying was reserved for that cross country trip and important family reunion.

My father and his brothers (which numbered that of a baseball team) would dress up for a day at Wrigley field. While mother and her sisters as well as my female cousins and I would put on party dresses and have a picnic at the forest preserves.

Ladies never wore black to weddings; sport coats were considered casual attire; and mothers didn't try to dress like their teenage daughters.

When did all of that change? It didn't happen overnight, but it certainly was a movement that began in the 1970's. Described by modern historians as a time of social, progressive change in values, the seventies were coined as the "me" generation.

Recently, I asked my mother about how she viewed these radical changes in society. "When the skirts got shorter," she began, "and men's hair grew longer, values went out the window." Mother is never one to mince her words, especially when it comes to putting on our Sunday Best!

Charlene remembers growing up in Chicago with hot and humid summers, leaves that turned colors in the fall and endless winters. Active in her community and church, she advocates for seniors, affordable housing, literacy and libraries. Her hobbies include reading, writing and visiting art galleries. Charlene resides in Costa Mesa with her husband, Dennis who is a teacher in the Newport Mesa Unified School District. <http://about.me/cmash>

never be another summer like the one ahead of you. Your children will not be this age ever again. Create some sort of structure and have some time that is not structured. Don't send your children to other people to play all the time—what each child wants more than anything else is time with you. It is easy to forget that when you are trying to keep the energy-packed chicks busy.

Thanks to all the teachers who gave so much of themselves this school year to help our children be all that they can be!

Sandy Spurgeon McDaniel has written four adult books, and a new children's book: *Believe You Are Beautiful*. She has taught school, raised two children, worked as a consultant to schools and has worked with children and families for 52 years. Sandy now lives in Meridian, Idaho. ParentingSOS.com, Amazon and Kindle

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Newport Beach Public Libraries

All A-Bloom with Activities

By Evelyn Rogers, Newport Beach Public Library

There's a lot happening at the Newport Beach Public Library this spring, especially during National Library Week, April 12 – 18. Join us as we celebrate in style with a variety of great programs! All of these events are free and do not require registration.

Central Library Events

Drop-In Crafts on Saturday, April 4 from 12 – 3 p.m.:

An afternoon of crafting fun in the Children's Storytime Room.

National Library Week Event with Lynne Cox, World-Renowned Swimmer and Author on Sunday, April 12 at 2 p.m.:

Meet long-distance, open-water swimmer Lynne Cox and listen to the stories of her remarkable swims across the English Channel, around the Strait of Magellan, and across the Bering Strait. A mesmerizing storyteller and inspirational speaker, Lynne will also talk about her new book "Elizabeth, Queen of the Seas," the true story of an elephant seal who made her home in the Avon River in New Zealand.

National Library Week Crafts & Games on Tuesday, April 14 from 3 – 5 p.m.: Stop by for after-school fun in the Storytime Room. There will be an assortment of crafts to do and board games to play.

Music for Children with The Southern California Children's Chorus on Saturday, April 25 at 11 a.m.: Join us for a special musical event with the young singers of this outstanding local children's group. It's a musical treat for all ages.

Mariners Branch Library Events

Lego "Block" Party, every Monday at 3 p.m.:

Design, build, and invent with LEGOs at this fun, creative program!

National Library Week Event with Annie Banannie, Balloon Storyteller on Saturday, April 18 at 3 p.m.:

Celebrate National Library Week with Annie Banannie, Balloon Storyteller Extraordinaire! Her balloon theater will amaze and delight children.

Balboa Branch Library Events

Spring Crafts on Wednesday, March 25 at 3:30 p.m.: Let's welcome spring with an afternoon of creative crafting!

National Library Week Event with Jack and the Beanstalk Puppet Show on Thursday, April 16 at 3:30 p.m.: Join us for a special Jack and the Beanstalk musical puppet show presented by Noteworthy Puppets. Beautiful handmade puppets and original music will be sure to delight people of all ages.

Corona de Mar Branch Library Events

Hop Into Crafts on Thursday, March 26 at 3 p.m.:

Calling all cottontails! Have fun making bunny themed crafts.

National Library Week Event with Magic by Eli on Wednesday, April 15 at 3 p.m. Join us for a rollicking good time filled with magic, comedy and lots of opportunity for audience participation with Eli the Magician.

Central Library 1000 Avocado Ave., Newport Beach, CA 92660
949/717-3800 • www.newportkids.org

Mariners Branch 1300 Irvine Ave., Newport Beach, CA 92660
949/717-3838

Balboa Branch 100 East Balboa Blvd., Balboa, CA 92661 • 949/644-3076

Corona Del Mar Branch 420 Marigold Ave., Corona Del Mar, CA 92625
949/644-3075

Note-ables

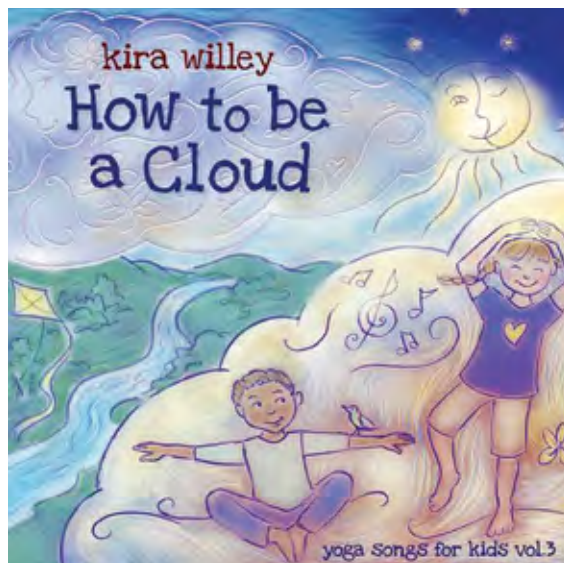


Kate Karp

How to Be a Cloud

How to Be a Cloud is the most integrated and inclusive collection for children that I can remember listening to. This collection features cross-curricular education, movement, creativity, diversity and—yoga poses!

Kira Willey is a musician and a composer who offers workshops on yoga for children to parents and teachers. Her “Backseat Yoga Breaks” can be heard on Sirius XM’s “Kids Place Live” on channel 78, and her children’s yoga programs are broadcast on PBS affiliates. Her original yoga-inspired tunes on this CD incorporate poses, self-awareness, breathing and all the other details associated with the practice; however, instead of slow, flowing movement that lasts for an hour, most of the songs are sprightly, energetic and short. Each of the yoga songs has a bonus-track complement that features Willey’s clear instructions for the yoga positions. Some of these are standards, like the rainbow pose in “Colors,” and others she developed herself, like the kite pose in “Wings on a String” and the pancake pose on the delightful “My Favorite Day.” I’ll admit to having done all the exercises as I listened, and at the end, I felt simply mah-velous.



The collection is united by its socially conscious themes: maturity in “When You Get Bigger,” diversity in “Colors,” and growth in “Bloom,” which features an earful of a trombone break by Zak Rizvi. On every song, Willey’s voice is as light as a cloud without the fluff and as bright as a starry sky without the cutesy twinkle. This CD is an excellent tool for growing your children.

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



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The Smarter Balanced tests will provide critical feedback to show whether students are on track to pursue colleges and careers after graduation, and teachers and schools will be able to access the results quicker than ever. But, because they are fundamentally different from previous exams, they won't initially allow for any reliable year-to-year comparisons. Instead, this year's scores will serve as a baseline for measuring progress over time, according to Christine Olmstead, the Orange County Department of Education's assistant superintendent of instructional services.

The Smarter Balanced tests may look different to students and educators, and early performance expectations should be tempered as the first scores establish baselines for measuring growth. But the results will present immediate opportunities for identifying the strengths and focusing on the needs of each student.

In 2014, California suspended its older standardized testing program to give teachers more time to prepare for this year's roll-out — and to focus on Common Core implementation. In the meantime, a number of districts in Orange County and across the state helped field-test the new assessments.

For more information about Smarter Balanced assessments, and to take a practice test, visit <http://www.smarterbalanced.org/>.



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Dr. Shari Sweetnam

Don't Bring Negativity to Homework

My son has a hard time in school and I don't feel equipped to deal with it. I get so frustrated and angry when he misses silly questions on a test or does not understand when I explain things for the third time. Homework ends in fights and tears. Can you please help? —Trae R., Newport, Calif.

Trae: We miss the fact that the emotion or "energy" around homework time plays a vital role in learning capacity and emotional stability. Frustration around homework time is common, but make no mistake, it is damaging.

Bringing negativity to homework time makes a child "dislike" it. People usually do not succeed at things or activities that they dislike. A child who is beaten down (by being "scolded" for not understanding) or who has to end up in a "fight" with parents over homework is being seriously compromised. Not only does this form of interaction damage his academics, it diminishes his self confidence, motivation and willingness to endeavor in other aspects of life, as well.

Trae, the good news is that you can turn all of this around.

Instead of being emotionally reactive to frustration. Simply ask yourself, "What does my child need at this moment?"

1. Explain in different ways.

If your child does not understand something you have explained three times, then you need to find a new way of explaining it. Every child and every adult has a different formula for learning and you need to find your child's path. That is a parent's role when it comes to their child's academics.

2. Be very conscious of the emotional atmosphere

Always stay calm and supportive, during homework time, even when your child has tremendous difficulty understanding something...even when you are frustrated. When faced with roadblocks, ask for help from the teacher, a tutor, but never punish your child for not understanding.

3. Help your child to calm down.

Once you are reliable in your commitment to positive energy, you can be a model of self control and focus. When children get to a point of "I CAN'T DO THIS!" You need to walk them through, and remind them that their attitude toward their work will affect how they learn.

4. Know when your child needs a break.

Allow him to race around the block to clear his head, talk about his frustrations or fears or "reset" their brain in some way. As you become consistently calm, your awareness of when this is necessary will improve.

Trae, you can do this. You can make very positive changes that will enhance your child's level of motivation and success!

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

Lacrosse—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 the subject line)

Entries must be received by May 10, 2015

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

Word Search by Kai Coop

ATTACK	HEAD	SCORE
CLEATS	HELMETS	SHAFT
COACH	MIDDIES	SIDE LINES
CREASE	MOUTH	STICK
DEFENSE	GUARD	TEAMS
FIELD	NET	UNIFORMS
GOAL	PLAYERS	
KEEPER	RULES	

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Congratulations to Sarah Henderson Winner of the February Word Search Contest!



Jensen Coop #13 and Kennedy Mulvaney #26 Made the OC US Lacrosse National Team!

*By Alyson Simons.
CDM Head Lacrosse Coach*

We are excited to announce that Jensen Coop and Kennedy Mulvaney have made the OC US Lacrosse National Team. This team will represent Orange County in the US Lacrosse Women's National Tournament in Bethlehem, PA on May 23-24, 2015.

The US Lacrosse National Tournament has been held annually since the early 1930's. Nearly 60 teams compete in the "schoolgirls" division, therefore is one of the biggest recruiting events in the country. This is the first time in Corona Del Mar lacrosse history that two of our players are represented in this tournament at the same time. Both players are truly passionate about the sport of lacrosse and their passion shows in their hard work and determination.

Last year both Jensen and Kennedy made varsity as freshman and earned a starting position quickly. Although last year Jensen started as a defensive player, this year she joins Kennedy the midfield. Individually they have specific strengths that drive them on and off the field. As the head lacrosse coach at CDM, I am proud of them for their early accomplishments thus far and I can't wait to see their continued successes as players on and off the field.

Little history of the OC US Lacrosse National Team. There has only been two other girl CDM players who have made this team in the history of girls CDM lacrosse. Those players were Gabby Smith (class of 2012) and Molly Rovzar (class of 2013). Both of these players ended up playing lacrosse in college, Gabby at Chapman University and Molly Rovzar at University of Colorado, Boulder.





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