

**FREE**

# School News

*Education + Communication = A Better Nation*

**Covering the Newport-Mesa Unified School District**



Volume 15, Issue 84

April / May 2019

## Estancia Medical Academy



Newport-Mesa's Estancia Patient Care Pathway continues to be a leading pathway program (please see the Superintendent's message page 3).

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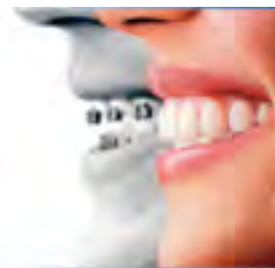
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## SUPERINTENDENT

# Estancia Medical Academy

Newport-Mesa Unified School District (NMUSD) Patient Care Pathway at Estancia High School, known as the Estancia Medical Academy (EMA), has found great success in preparing high school students for careers in the medical field by combining academic instruction with career technical education.

EMA utilizes leading-edge equipment and instruction from the finest industry professionals to prepare students for diverse health career opportunities available in the medical industry. The program began in 2011, since its inception NMUSD in partnership with Coastline Regional Occupational Program, has helped students kick start their careers and create a robust pipeline into the regional workforce.

Mr. Hayato Yuuki, the EMA coordinator, and primary instructor brings 15 years of experience working in the medical field. In addition to teaching, Mr. Yuuki currently works as an emergency medical technician - paramedic (EMT-P) at UC Irvine Medical Center, as part of the trauma team. EMA provides students access to current industry experiences.

“Not only is Mr. Yuuki teaching us from the book, but he is giving us real-life situations that he has been a part of. His experience in the medical field makes it that much better,” said Myles Witte, Estancia High School junior and EMA student. “Pursuing a career in medicine is something I can do to help people out, and it is such an honorable thing to be a part of.”

Students learn the ethical and legal responsibilities of the health care worker, safety, HIPAA, infection control, transporting duties, human anatomy and physiology, the function of body systems, advanced terminology, and vital signs including blood pressure, temperature, and heart rate.

The career technical education students are immersed in an interactive environment. Half of the classroom space is dedicated to lecture and the other half is equipped with the latest medical technology mirroring a hospital emergency room. Students gain hands-on knowledge in the



**Dr. Fred Navarro**

simulation lab with equipment such as a Nursing Kelly, an advanced manikin that mimics actual medical symptoms, an electrocardiography monitor, medical gurneys and more. They also have the opportunity to complete a ride-along with a local fire department or job shadow a trauma team in a hospital emergency room, giving them real-life medical career knowledge.

“Being able to take EMA classes in high school prepared me for my emergency medical technician course and gave me a solid foundation for what I do,” said Jenny Gonzales, EMA graduate and emergency medical technician at Care Ambulance Service. “I always knew I wanted to be in public service and doing a ride-along with Mr. Yuuki solidified my decision to become an EMT.”

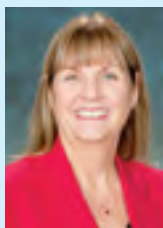
EMA courses include introduction to medical careers, medical terminology, emergency medical responders and the capstone class, sports medicine. Interested students may enroll in the program their sophomore year and complete the program in their senior year.

EMA students have the opportunity to join the Health Occupations Students of America (HOSA) as well, an organization specifically designed for future health professionals to develop leadership and technical skills through a program of motivation, awareness, and recognition, which are an integral part of the Health Science Education instructional program.

Every year HOSA students choose a medical category to compete in at the state level. Competitions include several rounds and consist of an online exam and practical skills test. If students successfully complete and pass all aspects of testing, they're eligible for a variety of award recognitions. Since HOSA launched at Estancia in 2014 they have placed in the categories of clinical nursing, forensic science and medicine, dental terminology and more. This year's competition will be in Sacramento on March 28 – 30, 2019.

For more information about the program, please visit the Estancia Medical Academy Website.

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*Netragrednik*

The end of this school year is in sight and students are focused on their academic goals.

In this issue you will read about the important of school attendance, performing arts, robotics, celebrating Dr. Seuss' birthday, performing arts, kindness to others, volunteerism and much more.

Thank you for your comments when you email your answers to our contests. There is not an age limit to enter. The only requirement is to enjoy!

Our next issue is June 5th just in time to congratulate the Class of 2019!



# School News

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Covering the  
**NEWPORT-MESA**

**UNIFIED SCHOOL DISTRICT**

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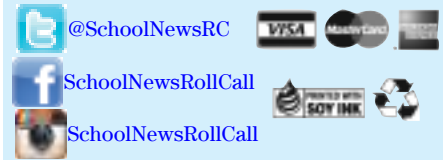
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# Orange County Department of Education

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**Dr. Al Mijares**  
Superintendent

## Human Trafficking

In a perfect world, all students would walk into our classrooms free of distress and distraction, ready to absorb the knowledge and skills they'll need to succeed in college and career, and beyond.

But today's educators must be responsive to extraordinary circumstances that can inhibit teaching and learning, such as poverty, violence and homelessness.

Despite these major issues, we must also be aware of the malignancy caused by human trafficking here in Orange County. According to a 2016 report, women and children account for 90 percent of the victims.

That brings us to some of the bigger myths about human trafficking: We tend to think it happens mainly to adults, and in communities other than our own.

The real picture is vastly more complicated and difficult to combat, because human traffickers use deception, manipulation, intimidation and threats to prey on and exploit those who are vulnerable. Victims are often coerced into prostitution, illicit drugs and other forms of trafficking. According to the organization Polaris, this has grown to become a multi-billion dollar criminal industry, one that quietly strips nearly 25 million people of their freedom.

I'll be the first to acknowledge this is a subject that is difficult to discuss, but it is a scourge in our city, county, state and country, and it affects the lives of children and young adults. Believe it or not, the victimization begins early in life and it is imperative that we strengthen our schools and public institutions to recognize how to combat this problem.

To that end, the Orange County Department of Education teamed up with our partners at Vanguard University to participate in the "Ensure Justice 2019" conference. This two-day event was designed to equip teachers, parents, law enforcement personnel, students and community members with strategies to identify and protect those who are most at risk.

Prevention starts with shedding light on perpetrators and recognizing tell-tale signs in our communities. This may include evidence of malnourishment or abuse, withdrawal, drug abuse, and chronic absenteeism.

In Orange County, I believe we are well-positioned to prevent trafficking and the exploitation of children. In addition to working closely with the Orange County Sheriff's Department and other local law enforcement agencies, our educators are committed to addressing the social-emotional needs of all students through initiatives such as the Multi-Tiered System of Support (MTSS) framework. In fact, OCDE is leading the statewide implementation of MTSS, which provides core supports for all students, additional assistance for some and targeted interventions for those with the greatest needs.

See **HUMAN TRAFFICKING** • Page 19

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**Heidi B. Starnes, DDS, MS**  
1401 Avocado Avenue #210  
Newport Beach, CA 92660  
(949) 720-8145

## City of Costa Mesa



**Katrina Foley**  
Mayor

### Restoration / Development

With the support of city staff and our new City Council colleagues, a restoration of the character and safety of Westside neighborhoods is well underway.

On Friday April 26, we officially open our new library in Lions Park. This \$36 million project will include a 20,000-square-foot library with a Children's and Teen Center and a one-acre programmed park. Additionally,

we are collecting input on a new Airplane Park playground, please help us design this new playground. <https://www.costamesaca.gov/lionsparkplayground>

Other Westside restoration efforts include the new bridge shelter at Lighthouse Church, opening April 5. This approximately \$300,000 investment will alleviate local impacts from individuals experiencing homelessness and provide relief as we build a permanent shelter by the airport. We also hired a professional operator, began improving security and lighting, installed a new fence, and will increase our police presence to ensure we are good neighbors.

Finally, more than \$2.5 million has been budgeted to pave alleys, add bike facilities, improve curbs and gutters, build medians, improve parkways and playgrounds. Join us April 26 as we unveil the new Westside Lions Park Projects.

77 Fair Dr., Costa Mesa, CA 92626 • 714/754-5107  
[www.costamesaca.gov](http://www.costamesaca.gov)

## City of Newport Beach



**Diane Dixon**  
Mayor

### General Plan

The City of Newport Beach is reviewing and updating our community's General Plan. A General Plan is a comprehensive document that provides the framework, rationale and policies to help guide decisions about the growth and management of a city or county. Most importantly, it reflects the vision and values of a community – how residents and business owners want their city to look and feel. Public participation in developing the plan is essential because it is the community's plan.

General Plans are long-range planning documents that are updated every 10 to 20 years. It has been 12 years since the Newport Beach General Plan was comprehensively revised. We expect this update process to take at least two years and it will include numerous opportunities for community members to participate. I welcome and strongly encourage you to do so.

Please visit the City's website at [www.newportbeachca.gov/gpupdate](http://www.newportbeachca.gov/gpupdate) for more information about the General Plan and the update process, to access Steering Committee agendas and videos, to view the current General Plan, and more.

100 Civic Center Dr., Newport Beach, CA 92660 • 949/644-3004  
[www.newportbeachca.gov](http://www.newportbeachca.gov)

## Teachers See the Possibilities

During her first year teaching in her own classroom, Rene Engle discovered that reaching high-school learners means setting clear expectations while getting to know students' hearts and strengths. Growth happens together every day, she says—for both student and teacher.



Gladstone High School, 9th Grade English Class, Teacher: Rene Engle '16, Single Subject Teaching Credential '17

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**Being Prepared**

Fire, law enforcement, and emergency services are evolving every day to help provide the highest level of public safety for the community on a 24/7/365 basis. One of the most important aspects to our collective efforts relate to the community being properly prepared to handle any disaster. This April & May, we are asking everyone to take action in Being Prepared by creating

your own basic emergency kit and having a clear plan in place to handle any significant emergency or disaster, whether at home, school, and at the workplace. Create a realistic plan, share the plan, and practice the plan monthly.

A basic emergency supply kit should always start with the following recommended items:

- Water - one gallon of water per person per day for at least three days (drinking & sanitation)
- Food - at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio (extra batteries)
- Flashlight (extra batteries) • First aid kit
- Mobile phone (with chargers and back-up)

<https://www.ready.gov/> or call (714) 754-5106. P.O. Box 1200, Costa Mesa, CA 92628 714/754-5144



**Carbon Monoxide Safety**

More than 150 people in the US die each year from accidental non-fire related carbon monoxide poisoning. Carbon monoxide (CO) is a colorless and odorless gas. Carbon monoxide poisoning can occur when a fuel-burning appliance or machine, such as a furnace, heater or generator, is not working or vented properly. Breathing in CO at high levels can be fatal. Here are a few things you can do to protect your home from CO poisoning:

- Install and maintain CO alarms inside your home to provide early warning of CO.
- Install CO alarms in a central location outside each separate sleeping area and on every level of your home.
- Use portable generators outdoors in well-ventilated areas away from all doors, windows, and vents.
- Make sure vents for the dryer, furnace, stove, and fireplace are clear of snow and other debris.

Don't be the victim of a preventable accident. Check your home for possible CO leaks and educate your family for signs and symptoms of CO exposure.

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## Pregnancy Over 35

First birth rates for women aged 35-39 rose six-fold from 1973-2006, and more than doubled for women aged 40-44 from 1980-2012. With so many women giving birth later in life, it's important to know the possible risks.

**Conception:** Each woman is born with a set number of eggs and, as you age, both the number and the quality of them declines, and the eggs you have left may not be as easily fertilized.

**Gestational Diabetes:** Gestational diabetes occurs when glucose levels rise significantly during pregnancy, putting you at risk of having a very large baby with other health problems.

**High Blood Pressure:** High blood pressure can decrease the flow of blood to the placenta, which can lead to slow growth, low birth weight or preterm birth.

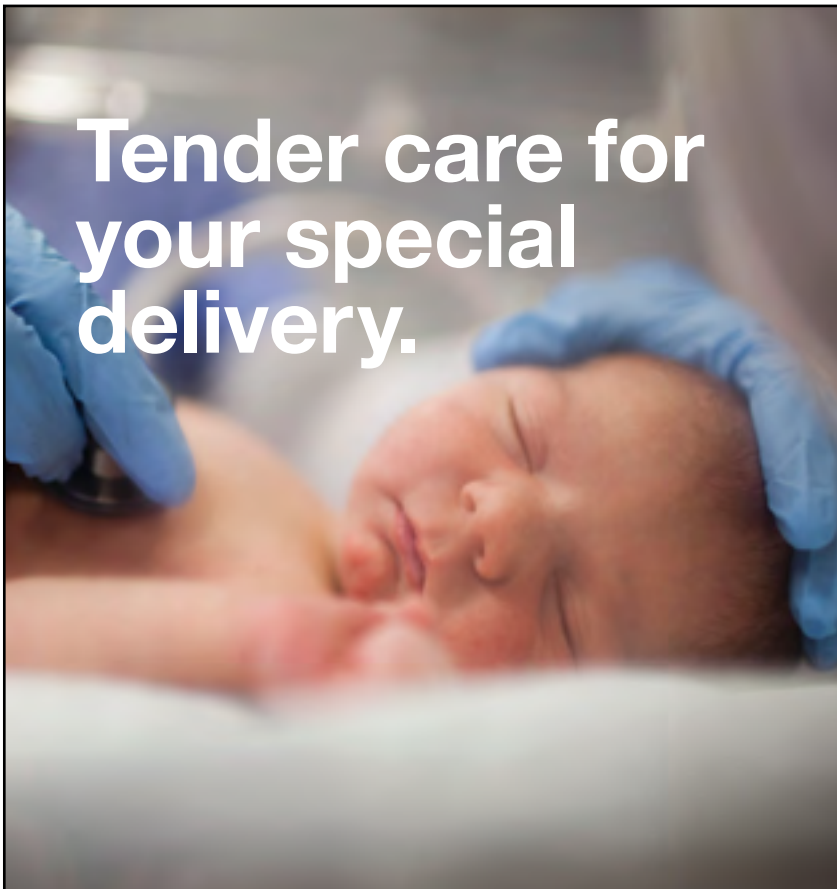
**Preeclampsia** Preeclampsia occurs when a pregnant woman develops high blood pressure and has signs that some of her organs are not functioning properly.

**Multiples:** As you age, your chance of having twins or multiples increases. About 5% of births among women over 35 are twins, while almost 20% of women over 45 had multiples.

**C-section:** Approximately 42% of pregnant women aged 35-39 had C-sections, compared to just 28% of women between 20 and 24.

**Premature:** A baby is considered preterm when born before 37 weeks and they tend to have more health problems.

Women over 35 may or may not experience the above risks, but because of these risks, you should consider choosing a hospital that has a neonatal intensive care unit (NICU). Connect with an obstetrician early in the process, and follow their guidance for the best possible outcome.



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A COMMUNITY BUILT ON CARE



## Adams Elementary (K-6)

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



**Stacy deBoom-Howard**  
Principal

### Project Lead the Way

Our All-Stars LOVE Project Lead the Way!!! Our sixth graders have been working with the Robotics and Automation module of the engineering portions of PLTW this past fall and winter.

Our next session for PLTW will be for our fifth graders who will be working on a module called Infection Detection, which is part of the biomedical science portion of PLTW. This will be the first time our 5th graders will be involved with this curriculum.

PLTW is established at Estancia High School and TeWinkle Middle School, and our hope is by introducing it in elementary they will continue with PLTW as their elective in Middle and High School and grow their love of science!



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

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



**Dr. Shannon Bray**  
Principal

### The Friendship Tree

Alex Cook an artist living in Boston, Massachusetts who has created over 150 murals in the United States and abroad came to Andersen. In 2014, he created the WE ARE LOVED mural project, collaborating with organizations of all types to artfully express this message. The message created on our Andersen mural is inspired by a

quote from one of Andersen's alumni, Patrick Turner, "Be nice to everyone, and most importantly be inclusive." The mural is a "FRIENDSHIP TREE," demonstrating children being kind and inclusive. Students and staff were able to participate in the painting of the mural working alongside the artist. We look forward to being inspired by the message within the mural on our Andersen campus and throughout the community.



# Back Bay/Monte Vista *High School*

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



**Mike Wagner**  
*Interim Principal*

## Positive Attendance

Encouraging school attendance is a continual and daily effort. This year, Back Bay and Monte Vista High School's Positive Behavior Intervention and Supports (PBIS) team has joined forces with our PTSA, a local nonprofit organization serving homeless youth, and two local churches to positively recognize students with perfect attendance and those with improved attendance. They

are raffling prizes, including Bluetooth headphones and gift cards to local fast-food restaurants, and mailing home postcards to acknowledge students with perfect or improved attendance.

On March 7, our PTSA surprised students by offering them doughnuts as they came to school that morning. This event was well received and another example of how we are focusing on positive ways to encourage students to improve their attendance.

On the morning of April 4, PTSA in conjunction with Cross of Christ Church and Redemption Church, hosted a pancake and sausage breakfast for all staff and students in effort to promote good attendance and positive interactions between staff and students.

At Back Bay, we know that attendance is the top indicator of student success. With the help of our community partners, we aim to promote a welcoming and nurturing atmosphere for all students who are striving to earn their high school diplomas.

## California *Elementary (K-6)*

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



**Jacob Topete**  
*Principal*

## Future Cougar Scientists

At the beginning of March, California held its Science Night. The evening was a great success! Inside the Outdoors has a great display and brought a snake, a tarantula and a walking-stick bug. Orange Coast College came out, and although the weather didn't cooperate and we were not able to do any stargazing with their telescopes outside, students still got to see one set up in the MPR.

OCC also brought out robots and a few other remote-controlled devices for students to try. Ms. De Los Santos from Estancia came with some of her biology students, microscopes and great hands-on experiments. An educational-materials company helped students create catapults from sticks, tape and a small plastic cup.

Thank you to John Leffler for donating fresh popcorn for all our young scientists! A great big thank-you to our PTA for organizing such a wonderful family event!



**Cougars using OCC robots.**

# College Park *Elementary* (K-6)

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



**Rich Rodriguez**  
Principal

## Lunar New Year

Chinese New Year, also called Lunar New Year or Spring Festival, officially began on February 5, 2019 and ended on February 19, 2019. On February 5, like millions of people around the world, the staff and students of College Park Elementary School's Mandarin

immersion program welcomed

the Year of the Pig.

Young scholars and their teachers treated our school community to culturally-relevant art, dance, music, and clothing. Traditional drawings were delivered to every classroom for students to color. These drawings helped to create a festive space in our multipurpose room, where all four

Mandarin immersion classes presented a Chinese New Year Showcase. The showcase featured a nursery rhyme, poetry, and several traditional songs.

To close our new year festivities, all four classes paraded around the playground in traditional Chinese attire. At the head of the parade, four students carried a dragon, symbolizing the opening of a new year.



**Scarlett Wilhelm, Yoseline Herrera Santoyo, Dafne Osorio, and Yaritza Chavez Amador** carry a traditional Chinese dragon symbolizing the opening of a new year.

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

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



**Dr. Rebecca Gogel**  
Principal  
7-8 Grade



**Kathy Scott**  
Principal  
9-12 Grade

### Unified Sea Kings

The Unified Sea Kings Club at Corona del Mar Middle/High School is a collaborative partnership with Special Olympics. The purpose of the program is to foster acceptance and respect between general- and special-education students by providing them the

opportunity to play sports on the same team. This program gives students an opportunity to discover the value and

capabilities all students possess as well as experience the hard work, camaraderie and joy integral to sports competition. The program involves students with and without intellectual disabilities working together to lead and plan advocacy, awareness and other inclusive activities throughout the school year.

This year, the club has hosted unified kickball and basketball exhibition games. In early March, the Unified Sea Kings Club and CdM ASB will be holding the third annual Inclusion Week, which will emphasize whole-school engagement through educational activities to promote inclusion on campus. Inclusion Week will culminate in a carnival open to all middle school and high school students.



## Costa Mesa *High School (7-12)*

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



**Dr. Jennifer Padilla**  
Principal  
7-8 Grade



**Jacob Haley**  
Principal  
9-12 Grade

### Mesa Shows Compassion

Our students are incredible! Freshman Rebekah Robeck has partnered with us to host the Second Annual Let's Be Kind Day. Like last spring's, the event is intended to encourage teens to grow relationships and develop respect for one another.

Rebekah did her own funding, which allowed her and her team of volunteers to distribute "Let's Be Kind" T-shirts to all middle school students and staff. She delivered a beautiful message to all about the importance and impact that kindness has on everyone. We are so proud of Rebekah and the incredible positive influence she shares.

We live the MESA Way: Model integrity. Engage respectfully. Show compassion. Achieve excellence.



**Freshman, Rebekah Robeck continues to inspire compassion and kindness in all.**

## Davis Magnet (K-6)

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



**Christy Flores**  
Principal

### Future Doctors

Davis Magnet School 6th graders recently completed their six-week Medical Residency unit focusing on the human body based on the Next Generation Science Standards.

The 6th grade teachers divided the unit into three sections concentrating on the nervous, cellular, and circulatory systems. The unit consisted of hands-on lessons which integrated technology, art, group presentations, and writing assignments.

Medical Residency Day was the culminating event, allowing students to participate in several unforgettable learning activities, which included working with Dr. Robert Louis, the Director of Skull Base and Pituitary Tumor Program at Hoag Memorial Hospital. He led students through a brain surgery that he conducted using virtual reality.

It was a wonderful learning opportunity and, as a result, we could have a group of future doctors.



## Early College High School (9-12)

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



**Dr. David Martinez**  
Principal

### Designation Earned

ECHS is the only school in the Newport-Mesa Unified School District to earn the 2019 California Distinguished School Award as announced in late February.

This the second time the school has earned the award with the first time occurring in 2009.

Our school rated as either blue or green for two consecutive years on the California Department of Education's School Performance Dashboard



reports. We then had to apply for consideration by validating existing programs that reflect our progress as a school during the 2016-17 and 2017-18 school years.

ECHS has 3-Tier Academic Intervention Program (which ECHS earned the 2015 Gold Ribbon Award) along with a focus on PBIS, AVID, and Title I funded programs contributing to our growth in the percentage of students completing the "a-g" UC/CSU college preparatory prerequisites, meeting English Language Arts and Mathematics standards on SBAC testing, and achieving a new all-time high in school wide GPA.

## Horace Ensign Intermediate (7-8)

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



**Michael Sciacca**  
Principal

### N-MUSD Teacher of the Year

Ensign's very own Colleen Tolles was named N-MUSD Teacher of the Year for all secondary schools!

Mrs. Tolles has been a teacher at Ensign for 8 years and currently teaches both 7th grade English and creative writing. Her passion for student learning is contagious. In her classroom there is clearly very high expectations and high



levels of learning are a non-negotiable. Mrs. Tolles has also been moved forward to compete at the county level completion as our district nominee for Orange County Teacher of the Year.

Ensign is so proud to have Mrs. Tolles as a member of our staff!

## Eastbluff *Elementary (K-6)*

627 Vista del Oro, Newport Beach, CA 92660 • 949/515-5920 • eastbluff.nmusd.us



**Cheryl Beck**  
*Principal*

### Reading Celebrations

On March 1, we enjoyed our annual reading celebration, Read Across America Day. This day focuses on reading with a special tribute to famous, creative author, Dr. Seuss.

The day began with Eastbluff Elementary School's Friday Flag Deck celebration and a special guest reader...The Cat in the Hat! The Cat in the Hat read part of one of his favorite stories to the students, and a Cat in the Hat poem was shared over the sound system. The poem gave clues to help the students discover where on campus the Cat in the Hat was hiding.

We also celebrated our Students of the Month, showcasing star students for being respectful! There were fun reading activities in the classrooms, and we enjoyed reading in our pajamas, thanks to the student council PJ Day.

What a fantastic reading celebration!



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

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



**Dr. Todd Schmidt**  
*Principal*

### What BRAVE Means

At Harbor View, one of our goals is to focus on the whole child. We ask our students to strive to be BRAVE (Bold, Respectful, Accountable, Visionary, and Empathetic) each and every day.

To help us in this endeavor, we enlist community members to share their stories and encourage our students to be more inclusive and caring. Recently, we were fortunate enough to have Brent Poppen return to Harbor View to share his story. A bronze-medal winning Paralympian, Mr. Poppen has shown students that you can overcome adversity to achieve your dreams. Mr. Poppen shared not only his Olympic story but also participated in Read Across America Day, joining guest readers from all over the community to share their favorite stories with our students.

Mr. Poppen is a living example of having a growth mindset. He shared how STEAM (science, technology, engineering, art and math) have helped him be able to throw and catch a baseball again as well as learn to surf! Thank you, Mr. Poppen, for setting an example and showing your stuff for the students, staff and community of Harbor View Elementary!



# Estancia High School

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



**Michael Halt**  
Principal

## Eagles Making Music

The Estancia High School Marching Band qualified for the Division 1A Semi-Finals & Finals in the California State Band Championships. The Band improved their scores in visual & music performance, percussion and auxiliary achievement and improved their overall best score of last year by nearly seven points.

Their 2018 show titled “Motown Magic” featured fan-favorite pieces such as “Respect” by Aretha Franklin, “I Want You Back” by the Jackson Five and “Papa was a Rolling Stone” by The Temptations.

Estancia’s growing Color Guard program showcased their dance and theatrical skills to bring their story and music to life while band members showed off their new marching uniforms that were made possible by an anonymous \$25,000 donation from the local community.



**Marching Band members celebrating qualifying for the California State Band Championships.**

## Killybrooke Elementary (K-6)

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



**Dr. Lorie Hoggard**  
Principal

## Teaming Up to Serve

Killybrooke students launched into action to support our community this winter season. Upper-grade students took the lead to engage our school in challenges to help address critical needs in our community and reinforce the importance of charity and volunteerism. The project was launched with an assembly led by the Team Kids Challenge staff and local police officers and firefighters.

The student leaders generated schoolwide support each week for the charitable challenge. The first week, students took the challenge to collect more than two bins

of donations of nonperishable food for local nonprofit Share Our Selves (SOS). The second week, students collected more than two bins of gently used towels and blankets for local Orange County Animal Care. The third week, students took the challenge to write letters to our troops through Operation Gratitude to show appreciation for those serving in the military, police and fire departments. Our student body wrote more than 600 letters. During the fourth week of the challenge, the student leaders held a carnival to raise funds for local nonprofit agency Orange County Animal Care.

By taking the challenge, Killybrooke students learned about service, leadership, teamwork and philanthropy.

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

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



**Dr. Deborah Granger**  
*Principal*

### **A Kaiser Hero, Mrs. Sheppard!**

To enter the Kaiser library is to be transported to a magical land where imagination, creativity, and kindness reign! Lori Sheppard, Kaiser's library media clerk, masterfully transforms a building filled with books into a colorful, inviting, and comfortable space where students knit, complete puzzles, watch movies, and follow the adventures of Fred, Kaiser's elf on the shelf!

Students become library helpers, try to set world records, and listen to stories...in addition to selecting books and using computers! Mrs. Sheppard helps our students find the perfect book. She also encourages our Kaiser Knights to add to her library wish-list so that she can purchase their favorite books at ordering time.

Our students love Mrs. Sheppard. They trust her and know that she cares deeply about each and every one of them. Lori Sheppard is the one who notices the little things. When a student is feeling sad, she is right there to support them and turn on the TLC! Kaiser's recent Authors' Day was a huge

success because of the tireless work that Mrs. Sheppard put into finding fantastic presenters and welcoming them to our school.

In addition to all that this resident "gem" does to make Kaiser such a special place for our students, Mrs. Sheppard is also a district leader. She is instrumental in developing effective systems to make sure that every student has just the right instructional materials. She also makes sure that the Kaiser library is current, student-friendly, and meets teacher needs. Kaiser's library is a true centerpiece of our school because of Lori Sheppard!



**Everyone loves Mrs. Sheppard's library!**

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

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



**Dr. Kristin DeMicco**  
*Principal*

### **Kindness Counts**

*By Mary Manos,  
Interim Principal*

As interim principal, it has been my extreme pleasure to work with such a dedicated staff, very supportive parents, and very enthusiastic and eager-to-learn students.

Parents, students, and teachers come together at our school's weekly Flag Deck to share morning news and activities, birthdays, the flag salute, and our school song. We also have morning announcements during the week where we emphasize the ROARS Focus for the Month.

Our Focus for the Month in February was "Kindness." Here we focused on kindness towards ourselves, our school, our community, our families, and our friends.

Here is a picture of our kindergartners demonstrating kindness towards each other. Every grade has been very active in this challenge. They know that the best way to practice kindness is to share it with a classmate.



Again, I want to emphasize what a wonderful experience I have had at Lincoln Elementary, and thank the students and staff members. The school and staff are very lucky to have such dedicated administrators. Their wonderful Assistant Principal Mrs. Teri Schad and I know that they are anxiously looking forward to their beloved Dr. Kristin DeMicco's return in the spring.



## Mariners *Elementary (K-6)*

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



**Matthew Broesamle**  
*Principal*

### Sparking Creativity in Students

An important part of the learning process is having the opportunity to share what is being learned with instructors and other learners. Gaining insight about student learning can happen in a number of ways, but keeping students engaged and excited during this part of the process is tricky. If you

provide students with choices, spark their creativity, and challenge them to work together, engagement and excitement can soar.

This was precisely the case with our fifth-graders during a recent project. As part of their study of Colonial America, students were asked to share what they learned about the various Colonies by creating a video. The content had to be historically accurate and informative, but few other parameters were placed on the students.

In collaborative groups, our students agreed on a theme, wrote scripts, managed costuming, created cue cards, managed rehearsing and filming, and handled editing. The result? An impressive, entertaining, and informative record of students enjoying history.



**Devyn Costello, Hudson Parks, Addison Coady, and Tyler Jameson** use video to share what they've learned about colonial America.

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

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



**Sean Boulton**  
*Principal*

### Making a Scene with Performing Arts

While most students were off enjoying the snowy slopes of Mammoth during Ski Week, or relaxing on the beautiful beaches of some location other than Newport Beach, seven NHHS drama students (and one Estancia student) braved the inclement Southern California weather to participate in the Theater Department's first co-production with a professional company, *God Help Us*, starring Ed Asner, Stewart Zully, and Pamela Guest.

Over the course of four days our students collaborated, interacted, and broke bread with professional artists. Will Haden and Sydney Wade worked as actors while Anya Farinsky, Lila Singley, Asal Kalantar, Raymond Pontanillo, Bennett Anderson, and Ryan Van Doren (EHS) ran the entire technical side of the production; all while garnering their first professional theater credits and raising some much-needed funds for the NHHS drama program!

Through Mr. D'Aquino's relationship with the Actors Studio, the plan is to provide an annual professional opportunity for students where they get to work with actors, directors, writers, and producers who are out there making a living in the performing arts. With each year he

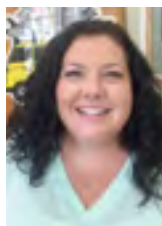
hopes to increase the role of his students so that the guest artists can offer a blend of mentoring and creating.

Stay tuned for next year, and be sure to come see *In the Heights* this April 18–20 and 26–28!



## Newport *Elementary (K-6)*

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



### Family STEM Night

Newport Elementary recently hosted our first Family STEM night. STEM (science, technology, engineering and math) education is an important part of our students' experience, and we wanted to share that with their parents.

**Amanda Estrada**  
*Principal*

As families arrived, they received a passport that guided them through five different hands-on STEM activities facilitated by our teachers and staff. Families learned about the engineering process by building catapults and hoop gliders. There were also competitions for building the tallest tower and the strongest boat. One of the students' favorite activities pictured was Blobs in a Bottle, in which they learned what happens when water, oil, bicarbonate of soda tablets and food coloring combine.

Families were also able to enjoy a pizza dinner and experience our new Collaboratory. The Collaboratory is



a reimagining of a tech lab. We've replaced the rows of computers with flexible seating, a variety of robotics that help students of all ages learn to code, a green screen and recording equipment, a wall made of interlocking blocks, and a makerspace.

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

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



### Student Leadership

Newport Coast has four different groups of student leaders: Coyote Council, PALs, Green Team, and Library Helpers.

Our Coyote Council members work every day to show by example what makes an excellent student and person. They render service to our other students through both peer and cross-age tutoring, and various assistance with activities.

They give our school-wide announcements each day and also conduct our monthly Flag Deck ceremony.

Our PALs (Peer Assistance Leaders) are students who are trained to assist other students in the social areas of school. PALs assist at recess time by facilitating games, identifying students who might need a friend, and alerting adults to conflicts on the playground. NCE's PALs also facilitate our Kindness Campaign, and help with various projects including "Valentines to Veterans" and "Notes to Families First" for Thanksgiving.

Our Green Team takes care of gathering up the school's recyclables each week. They also promote waste-free Wednesdays every week at lunch. Our students are encouraged to bring their lunches in containers that are washable and do not

produce any trash.

Our library assistants recently helped with a major book move. Our school has received more shelving, and so the students have helped to move most of the books in the library to make everything look clean, organized, and very inviting!

Our Newport Coast students are being trained to develop the kind of leadership capacities that will serve them very well in their secondary school years and beyond.



**PAL students**

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

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



**Somer Harding**  
*Principal*

### Lunch Lady Lynn

How many schools can brag that their lunch lady is so amazing that students write books about her? We can!

One of our former students, Indiana Johnson (along with her mom), wrote and illustrated a great story about our lunch lady, Lynn. It is a fictional tale of

a superhero who serves up delicious lunches, rides a Harley, and saves the day. Though this story is fiction, there are several elements that are based on facts: our lunch lady does drive a Harley motorcycle, she does serve up delicious lunches, and we do think she is our very own superhero.



We are so proud of Indiana and the writing skills she learned here at Newport Heights Elementary School. It's really exciting that she and her mom were able to get their book published. There is now a copy of their book in our library. It is a great example to all students that if you have a story to tell, you are never too young to share it.

Look for the book, *Lunch Lady Lynn and Golden Spatula*, for a good story. And don't miss all the other superheroes at our school. We think all of our teachers and staff members are the best!

## Paularino *Elementary (K-6)*

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



**Dr. Amy Nagy**  
*Principal*

### Developing a Love for Math

Math instruction at Paularino is aligned to the state standards for mathematics, and is taught in a manner which is rigorous, coherent, and engaging. Students learn through direct instruction, structured investigation, and open exploration. Although the curriculum is challenging, it is also a lot of fun!

This year we also made a commitment to focus on fluency instruction. In order to help our students become fluent, we are learning how to understand their thinking around math, and also studying research-based practices that develop fluency. All of our teachers have participated in a minimum of eight hours of fluency professional development.

We believe that this systematic approach to learning as a team, and putting good school-wide practices in place, will result in our students feeling more confident in math, thus achieving higher academic success and developing a love for math and learning.

Paularino is a great place to learn!



### **HUMAN TRAFFICKING** • *From Page 5*

It's not hard to make the case that our county's ability to thwart human trafficking aligns with OCDE's vision that "Orange County students will lead the nation in college and career readiness and success." It's our job to educate the

whole child, which means getting to know each student, understanding their unique circumstances and doing our best to remove barriers to learning, no matter how large.

To report a potential human trafficking case, call the National Human Trafficking Hotline at 1-888-373-7888 or send a text message to 233733.

## Pomona Elementary (K-6)

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



**Carrie Gammel**  
Principal

### Growth Mindset

At Pomona, education includes academics, behavior, and social-emotional learning. Our staff works to inspire and educate both the mind and the heart.

Character education emphasized through John Wooden's "Pyramid of Success"

and Carol Dweck's Growth Mindset are fundamental in all classrooms. By encouraging our Pomona Panthers to embrace the important life skill that "failure leads to success," we are helping them to build a mindset of creativity, grit, and clarity. Teaching a growth mindset creates motivation and productivity while enhancing relationships. It enables our students to take ownership of their learning.

We want to foster a love of learning and a resilience that is essential for the achievement and success in all that our scholars pursue.



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

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



**Dr. Duane Cox**  
Principal

### AVID Family Nights

AVID, or the Advancement Via Individual Determination program, requires a team effort. All of our school site and district staff members, parents, students, and community members work together to prepare our

students for college readiness and future success in a global society.

Our recent AVID Family Night, called "AVID STEAM Night," was a great success. The students were motivated by hands-on learning in science, technology, engineering, art, and math. Parents and children engaged in activities like robotics and the Science of Slime, and also solved some real-world math challenges.

AVID Family Nights provide students and families with an

opportunity to engage in scholarly work. They also get to work alongside their teachers and students from our NMUSD high school. Our hope is that these experiences are both motivating and enriching for each child as they consider their academic choices for middle school, high school, and college.



## Sonora *Elementary (K-6)*

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



**Christine Anderson**  
*Principal*

### **Our Robotics Club**

*By Abbie Thach and Juliana Grella, 6th-Grade Robotics Club Members*

Fifth- and sixth-grade students are enjoying Sonora's Robotics Club! Students work with robotics kits to build amazing robots. Our club allows students to work together on completing their robots to compete in fun competitions.

Sonora has four teams of awesome fifth- and sixth-graders working on their own robots. The students have learned about working together and how you can achieve a lot with hard work. We have learned how to program, build, and steer a robot. All four groups have come together from different classes to become good friends.

This year, our competition game is called Next Level. All four teams have been preparing for the Next Level challenge. We

will work in partners for 60 seconds to score points. For this challenge, teams had to design and build a robot that was capable of picking up and transporting a spool.

We are grateful for a generous sponsor who donated money for us to buy new parts for our robots, such as special wheels and extra motors. We are lucky to have such a fun-after school club!



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

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



**Dr. Dipali Potnis**  
*Principal*

### **Scholar Group**

Empowering students to be active participants in their learning stems from classroom cultures that are safe, engaging, and inclusive. Ms. McKenzie teaches 7th grade AVID Excel and has fostered a culture where students are inquisitive and support one another's learning through an activity called Scholar Group. Students read relevant

articles, determine where there might be a point of confusion, and use each other as both sounding boards and facilitators in their peers learning.

Ms. McKenzie works collaboratively with the AVID team, that includes, Ms. Delgado, Ms. Washington, and Ms. Smith. Together, this team strategizes ways that will promote a culture of high expectations with viable supports that build confidence in our Trojan scholars.



## Victoria Elementary (K-6)

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



**Dr. Aaron Peralta**  
Principal

### Read Across America Day

Our Victoria students recently participated in Read Across America Day in celebration of Dr. Seuss' birthday. This annual event is a rich Victoria tradition that we also call "Muffins in the Morning."

Each year, parents, teachers, and community leaders come to our school and read one-on-one with our students. The sixth-grade students also take a leadership role in the event by going to the kindergarten and first- and second-grade classrooms to read with the younger students and share their love of reading.

This year we had record-setting parent and community involvement. One parent remarked, "We read at home, but it is nice to come here and see the different books my child is reading, and get a chance to meet the other students and their parents too."

Many thanks go to our PTA for making this event possible by sponsoring the juice and muffins in each classroom. Go, Voyagers!



## Whittier Elementary (K-6)

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



**Scott Wilcox**  
Principal

### Read Across America

On March 1st 33 volunteers from St. Andrews Church in Newport Beach descended upon Whittier Elementary School.

The volunteers read books to students and gave out pencils with images of Dr. Seuss's

characters. The Cat and the Hat and Thing One made an appearance. Green Eggs and Ham were served in the cafeteria.

A fun time was had by all!!



## Wilson Elementary (K-6)

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



**Mia King**  
Principal

### Read Across America

Wilson Wildcats love to read! Not just every day, but particularly on Read Across America!

We celebrated Dr. Seuss' birthday on Friday, March 1st, by dressing as book characters. We had a school wide read aloud where staff members were able to read their favorite books to students. Kindergarteners and

Sixth graders alike were engaged and such attentive listeners with different guests in their classrooms. In the afternoon we had school wide silent reading and one student per classroom was chosen to be able to read silently with the principal too!

This day is a great reminder for both students and adults to embrace literacy and to show their love of reading.



## Woodland Elementary (K-2)

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



**Tiffany Lewis**  
Principal

### Inspired by Dr. Seuss

On March 1, students in Mrs. Lambricht's Transitional Kindergarten class were treated to a visit by Mayor Katrina Foley, who impressively read *Fox in Socks*. Students wore Dr. Seuss hats and even made a hat for Mayor Foley!

As we celebrated Dr. Seuss's birthday,

I was reminded how much wisdom endures in his books. Dr. Seuss taught children to read but also to think and to wonder. "The more that you read, the more things you will know. The more that you learn, the more places you'll go." Teachers also use lessons from *Horton Hears a Who*, who teaches about the value of keeping your word, listening to your conscience, doing what's right despite pressure from peers, and speaking up for others—because "a person's a person, no matter how small."

Those of us in education see our purpose refreshed by the words of Dr. Seuss. On days when the

pile of work seems too high, progress seems too difficult, and the personal costs seem too high, Dr. Seuss inspires and reminds us why we are in this line of work: "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."





## Costa Mesa Public Libraries



**Kristina Jones**  
Branch Manager,  
Costa Mesa  
Donald Dugan  
Library

### Books are Just the Beginning!

Costa Mesa libraries are here to serve you! We are part of OC Public Libraries – a system of 33 branches.

Join us for The Grand Opening of our new Costa Mesa Donald Dugan Library on Friday, April 26, commencing at 10am!

Features of the new library include a spectacular children's library, 2 study rooms, 2 community rooms, and lots of extras.

Join us for our programs (at the Downtown Recreation Center until April 26, then after at the new library):

Mondays at 10:30am – Baby Band! Bring your littlest ones to this fun, interactive program as we incorporate music and stories.

Tuesdays at 10:30am – Toddler Story time

Thursdays at 10:30 – Bilingual Story time

Come visit our Costa Mesa Libraries for computers, books, programs, and Teen & adult volunteer opportunities. Our eLibrary offers downloadable eBooks, eAudiobooks, streaming video, online learning, and the Mango Languages program. We feature databases with information for your school reports and projects. For younger readers we offer BookFlix.

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## Yoona's Review



**Yoona C.**

### Fun at the County Fair!

Title: *Blue Ribbon Day*

Author: Catherine Hapka

Have you ever been to a county fair? Jill, Meg and Annie were pony scouts. They all went to the county fair. In the fair, the girls found a

lot of animals, heard lots of different kinds of music, went to the barn and saw some ponies and horses. The girls got food and rode a ferris wheel. They fed animals too. They even joined a pie contest. Jill and Annie were too full soon but Mag went to the finals! Jill's mother was entering two ponies in a driving class at the fair and won the blue ribbon! I like this book because I can see how the county fair looks like. Someday I want to go to a county fair and eat cotton candy.



Yoona is a 1st grader. She likes doing cartwheels and soccer. She also likes asking questions to her parents. Having a playdate with her friends is her favorite too.





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## Tara's Review



**Tara Z.**

### Eye-opening, Transcending, and Lovely

*Five Feet Apart* by Rachel Lippencott is one of those wonderful coming of age novels, that will leave you smiling, laughing, or shedding a tear or two at one point or another. The story follows the life of Stella Grant, a cystic fibrosis patient who is on the brink of becoming 18. Stella is the epitome of order, and her life, like that of many other

CF patients, depends on a mixture of factors, but one of the most important is following a medical regime, filled with meticulous patterns of med dosages and activities. For Stella, following her regime, means keeping her shattered family together. However, when Will, another 17-year-old CF patient, arrives at Saint Grace's Hospital, things change for both young CFers, and for once in their lives, they have come to the realization that they will not let cystic fibrosis take away everything they have got.



Tara Z. is a tenth grader. She loves painting, reading, and writing about art and books. She hopes to study medicine and travel through all the world's continents.



## NR Computer Learning Center

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Campers leave empowered with ways they can help protect and preserve our oceans. Every summer has new content so campers who return keep on learning!

**AGE: 8 to 13 years old**

**Cost: \$350 per week**






20612 Laguna Canyon Road • Laguna Beach, CA 92651  
**(949) 494-3050**  
[www.pacificmmc.org](http://www.pacificmmc.org)

# Newport Beach Public Libraries



**Liz Aaron**  
Children's Librarian,  
Newport Beach  
Public Library

## Spectacular New Fiction at the Library

We have some stunning new works of historical and realistic fiction at the Newport Beach Public Library. Come check out these books today!

*The Night Diary* by Veera Hiranandani is a fictional account of the 1947 partition of India. Nisha and Amil, 12-year old fraternal twins, have to escape what is now Pakistan with their Hindu father and grandmother, leaving behind their beloved Muslim cook and remnants of life with their deceased Muslim mother. The account is at times sad, hopeful, thrilling, and enlightening. This magnificent storytelling was awarded a 2019 Newbery Honor for American children's literature.

*Merci Suárez Changes Gears* by Meg Medina is the winner of the 2019 Newbery Medal. The eloquently written story weaves together the various themes of fitting in at school, growing up, and dealing with aging loved ones, all tied together in a satisfying ending. We feel the protagonist's joy, confusion, and grief as Merci Suárez navigates sixth grade and her changing relationship with her grandfather, Lolo.

*Hello Lighthouse* by Sophie Blackall teams descriptive text with gorgeous illustrations to create a powerful portrait of an early 20th century lighthouse in this year's winner of the Caldecott Medal for the most distinguished American picture book. I enjoyed the juxtaposition of information on operating the lighthouse along with the human aspect of living in that remote location. Although a fictional account, the author includes a page of facts and anecdotes from her research at the end of the book.

As always, remember to watch the events calendar at <http://www.newportbeachlibrary.org/calendar> for upcoming free programs. We'll see you at the library!

**Reminder:** All NBPL locations will be closed on Easter Sunday, April 21 and on Memorial Day, Monday, May 27.

Central Library 1000 Avocado Ave., Newport Beach, CA 92660  
949/717-3800 • [www.newportbeachlibrary.org/kids](http://www.newportbeachlibrary.org/kids)  
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

## Office Terms –Word Search Contest

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

Entries must be received by May 5, 2019

From the correct entries one name will be drawn to win  
a \$20 gift card to Barnes & Noble

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LAPTOP	PRINTER
WINDOWS	FAX
APPLE	CELLPHONE
KEYBOARD	ICON
WIFI	EMOJI
BETA	EMAIL
URL	MICROSOFT
FACEBOOK	EXCEL
TWITTER	DISK
MOUSE	PHOTOSHOP
MOUSEPAD	
GOOGLE	



**Congratulations to the winners of our February Contests!**

**Patricia Ferguson, David Rosales, Gianna Rosales and Mariah Rosales-Medina**

## School Health Services

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



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

### Wellness Includes Mental Health

Most adults are aware of the importance of mental health. We understand the mind-body connection and the link to clear thinking, taking positive action, healthy relationships, and productivity.

There has been rising concern for youth and their mental health. A recent study (JAMA Pediatrics, February 2019) showed that 16.5 percent and as many as one-in-six U.S. children between the ages of 6 to 17 years have at least one mental health disorder. Also reported was the high variability for youth accessing care. National data reveal that children rarely receive mental health screening even when there is a medical home, and more rarely get diagnosed, let alone receive treatment for a mental disorder.

In Orange County, the Orange County Children's Partnership publishes an annual report on the Conditions of Children. In February, I was invited to attend a convening of community members to discuss one aspect of the report, mental health. Although improvements in child health have been made in Orange County, mental health is still a concern. Data in the report helps schools and service providers throughout Orange County to prioritize their services and programs. The report may be accessed at <http://www.ochealthinfo.com/phs/about/family/occp>.

In Newport-Mesa, we are concerned about the whole child, including physical, mental, social, and academic health. The District, like others in the County, is moving toward the implementation of multi-tiered systems of support for all students, including positive school cultures.

Nurses and health staff are part of the education team. We collaborate with school colleagues to support our students. The health office is sensitive to children seeking care during the school day, and we will contact parents should there be concerns related to physical and mental health. Also, know that we welcome communication from parents. Please let us know about your child's health.

## 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)



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

### Breakfast is Important

*By Roxana Salimi, Dietetic Student Intern*

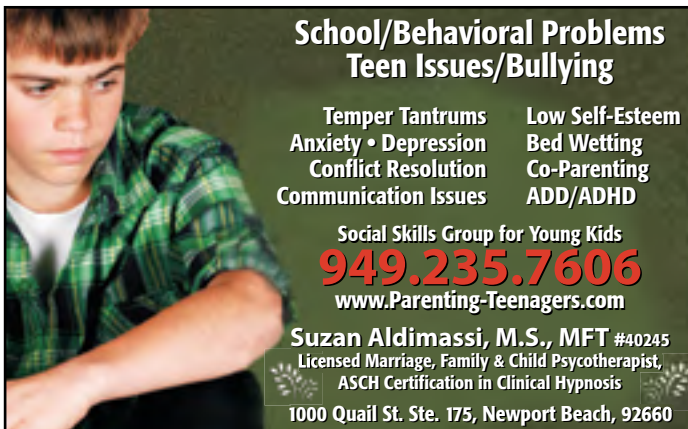
Did you know that "breakfast" means to break a fast? The time between dinner and breakfast may be as long as 10 hours. Remember that the brain needs a supply of sugar in small amounts to provide fuel for learning. This is just one of the many reasons why breakfast is important.

Skipping breakfast can make students feel tired and restless. Studies show that children who eat breakfast perform better in reading, math, problem solving, and comprehension. Also, when children eat breakfast every day it helps to form this habit for a lifetime.

What children eat in the morning is important. Choosing foods rich in whole grain, fiber, and protein and low in sugar can help them to start learning first thing in the morning.

The breakfast menu in Newport-Mesa Unified School District offers healthy choices to help students to meet their nutrient needs. What do students eat for breakfast? They enjoy whole-grain breads, fresh fruits, low-fat dairy, cereals, including oatmeal, and other healthy choices.

Healthy breakfasts make a healthy difference in supporting learning.



**School/Behavioral Problems  
Teen Issues/Bullying**

Temper Tantrums      Low Self-Esteem  
Anxiety • Depression      Bed Wetting  
Conflict Resolution      Co-Parenting  
Communication Issues      ADD/ADHD

Social Skills Group for Young Kids  
**949.235.7606**  
[www.Parenting-Teenagers.com](http://www.Parenting-Teenagers.com)

**Suzan Aldimassi, M.S., MFT #40245**  
Licensed Marriage, Family & Child Psychotherapist,  
ASCH Certification in Clinical Hypnosis  
1000 Quail St. Ste. 175, Newport Beach, 92660



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